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Cakes, Pastry, and Dessert Dishes

By Janet McKenzie Hill

SALADS, SANDWICHES AND CHAFING-DISH DAINTIES

THE UP-TO-DATE WAITRESS

COOKING FOR TWO

THE BOOK OF ENTRÉES

CANNING, PRESERVING AND JELLY MAKING

CAKES, PASTRY AND DESSERT DISHES

49776

Birthday Cake for Child of Ten Years, with Initials, "H. B. H.," and Ornamental Frosting.

Wedding Cake, Boiled Ornamental Frosting. *See page 31.*

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Cakes, Pastry
and
Dessert Dishes

By
Janet McKenzie Hill

Illustrated

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1927

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Cakes, Pastry, and Dessert Dishes

INTRODUCTION

"CAKES are baked for the joyful occasion, the social gathering, the feast. In their history is summed up an amount of ingenuity, the mere tracing of which affords to the philosophical inquirer after the development of human affairs the greatest intellectual pleasure; cakes signalize an evolution of culture and are a measure of culture."

"Meringues are classical confections having a good prospect of immortality, as they can not easily be improved, spoiled, or altered."

"Baron Liebig ascribed the fact that members of the *Universal Peace Congress* at Frankfort ate twice the quantity of puddings known to ordinarily suffice for the same number of persons, to the circumstance that a number of the Peace Congress men were total abstainers from alcoholic liquids." The value of sweets in satisfying specific desires can not be ignored.

"The art of manipulating the flour of cereals with various admixtures for the production of several qualities of paste or dough is one of the most important achievements of human ingenuity."

MEASUREMENTS

All measures are level.

Flour is measured after once sifting, the cup is filled with a spoon, and leveled with a knife. The measuring cup for dry materials holds one half pint; it is divided into thirds on one side, and fourths, or quarters, on the other side.

The proper measuring cup for liquids holds one cup and a quarter; a spout for pouring adds to the value of the cup. A full cup (half pint) of liquid can not be carried without loss in a half-pint cup, thus the fifth section is simply for convenience in use, and the cup proper ends at the same point as in the cup for dry ingredients.

To measure half a cup of butter or shortening, press the article into the cup solidly and on a line with the ridge indicating half a cup. To measure a cup, pack solidly to the top and make level with a knife; fractions of a cup are measured in the same manner as the half cup.

Measure a tablespoonful or a teaspoonful of material in the same way as the cup is measured. For half a spoonful, level the material with a knife, then divide lengthwise of the spoon; for a quarter spoonful, divide a half spoonful crosswise.

TABLE OF WEIGHTS AND MEASURES

3 teaspoonfuls liquid	= 1 tablespoonful
4 tablespoonfuls	= ¼ cup
16 tablespoonfuls	= 1 cup
2 cups	= 1 pint
4 cups or 2 pints	= 1 quart
4 cups flour	= 1 pound
2 cups granulated sugar	= 1 pound
1 cup granulated sugar	= ½ pound
2 cups butter	= 1 pound
1 cup butter	= ½ pound
½ cup butter	= 4 ounces or ¼ pound
3½ cups confectioner's sugar	= 1 pound
1 pint milk or water	= 1 pound
10 eggs (without shells)	= 1 pound
8 eggs (with shells)	= 1 pound
2 tablespoonfuls butter	= 1 ounce
4 tablespoonfuls butter	= 2 ounces or ¼ cup
2 tablespoonfuls granulated sugar	= 1 ounce
4 tablespoonfuls flour	= 1 ounce

TABLE OF PROPORTIONS

1 teaspoonful flavoring extract to	1 quart custard or cream
1 tablespoonful flavoring extract to	1 quart mixture to be frozen
⅔ cup, or less, sugar to	1 quart milk for custards, etc.
1 cup sugar to	1 quart milk or cream for ice cream
4 eggs to	1 quart milk for plain cup custard
6–8 eggs to	1 quart milk for custards to be turned from mold
¼ package or ½ ounce gelatine to	1 scant pint liquid
½ package or 1 ounce gelatine to	1 scant quart liquid

CONCERNING THE INGREDIENTS FOR SWEET DISHES

FLOUR

Pastry flour is called for in all the recipes save those in which yeast is used. With yeast use bread flour. Flour is sifted once before measuring and is sifted afterwards with leavening ingredients, and spices, when these are called for.

SUGAR

Sugar of some variety is an ingredient in most dessert dishes; if the sugar does not enter into the dish itself it is used in the sauce with which the dish is served. Brown and maple sugar give variety in flavor; confectioner's sugar is desirable for special purposes, but granulated sugar is the variety of sugar most largely used.

Brown and confectioner's sugar are sifted before use.

Caramel, or burnt sugar as it is sometimes erroneously called, is a form of sugar particularly prized.

Caramel is produced by stirring sugar over a quick fire until it melts and becomes an amber-tinted syrup. Nothing is added to the sugar, and the stirring must be constant; as the sugar melts it first takes on the appearance of flake tapioca, but gradually, under continued heat and constant stirring (to avoid burning at any point), the sugar becomes an amber-colored liquid. As soon as this stage is reached, the saucepan must be removed instantly from the fire, as with continued heat the syrup will burn to carbon very quickly. In practice, as the temperature of sugar at the caramel stage is very high, and heat enough is retained to darken the syrup after it is removed from the range, the pan should be lifted from the fire before the syrup has attained quite the desired shade.

Caramel is used to sweeten and also for its agreeable flavor; as it loses some of its sweetening prop-

erties during cooking, a little more sugar must be taken than otherwise would be used. Caramel becomes solid on removal from heat. When the caramel is to be added to a liquid, add water to it, and cover the dish while the caramel melts in the water to a syrup, let boil a few minutes, then it is ready for use.

PRALINE

Cook one cup of sugar to caramel, add half a pound of blanched and dried almonds and let cook an instant; turn on an oiled marble or agate plate and let become cold. Pound in a wooden bowl with a pestle, rub through a sieve, and pound again and again whatever will not pass through the sieve, until the whole is reduced to powder. Store in a tightly closed box in a dry place. Use in ice cream or custard, or to sprinkle on the outside of a dessert.

CREAM

Cream for use in desserts may be purchased in half-pint or larger bottles. Two grades of cream are sold; thin cream and heavy, or double, cream. Cream siphoned from the top of a milk bottle is also available for every use but piping. Heavy cream may be beaten firm enough for piping in a very few minutes. Thin cream or cream from the milk bottle does not beat dry enough for piping, but mixed with twice the bulk, or a little less, of heavy cream, may be beaten firm enough for use in parfaits, Bavarian and other creams, and for

use as a sauce. Cream that is beaten dry loses in flavor, and unless it is to be used in piping where each line of the tube should be shown, it is preferable to cut down the beating as much as possible. Pasteurized cream beats just as readily as cream not so treated. Some brands of condensed milk may be beaten to a fluffy consistency and used with gelatine in parfaits, charlottes, Bavarian cream, etc.

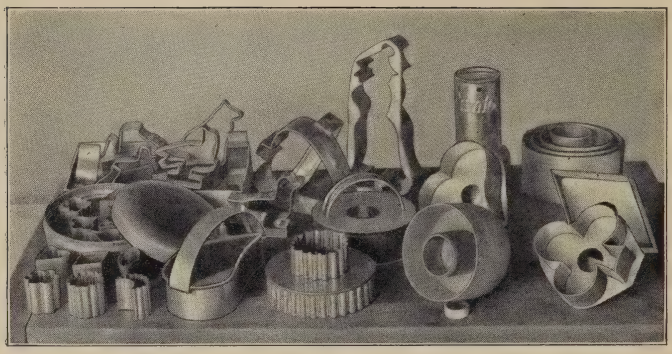
A good Dover egg beater is one of the best appliances for beating cream. The bowl in which the cream is set to beat should be of such shape and size that the cream very nearly covers the part of the beater coming in contact with it. In turning, the blades of the beater should not strike against the sides of the bowl. The beater should be held lightly in the bowl and should beat the cream, not the bowl. If the cream flies from the bowl, cut out a round of paper large enough to come several inches beyond the top of the bowl, cut out the center to allow the beater to emerge, and spread this closely over the top of the bowl. Do not beat too long or the cream will be changed to butter.

Half-beaten cream is less dry and gives better tasting dishes than cream beaten firm; it also has more volume and "goes farther" than cream beaten dry.

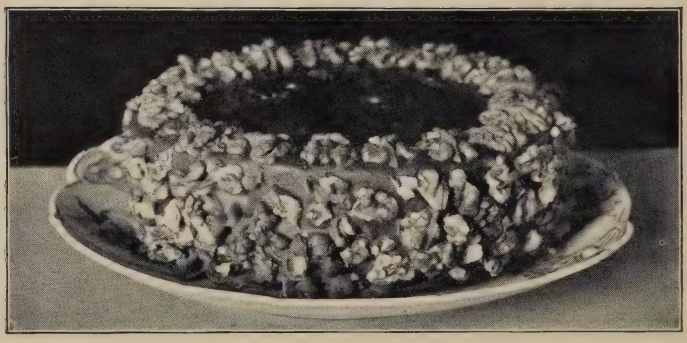
Cream in the Country. Sometimes in the country it is a matter of economy to buy milk and set it aside for cream. By this means the skimmed milk is available for bread, cottage cheese, cream

Special Cup for Measuring Liquid. Measuring Cup of Flour. One Half Tablespoonful Flour. — *Page 2.*

Candied Mint Leaves. — *Page 9.*



Cutters for Small Cakes. — *Page 54.*



Cup Cake, Chocolate Frosting, and Nuts. — *Page 49.*

soups, etc. The cream should be taken from the milk after it has stood in a cool place, preferably a refrigerator kept for that purpose, from eighteen to twenty-four hours. If removed without much milk, such cream corresponds to double cream.

Cream in the Recipes. In recipes where cream for piping is called for, use double cream; in Bavarian creams, Charlotte Russe, and parfaits, use one half cup of cream turned from the top of a quart bottle of milk with each cup of double cream.

EGGS

Eggs preserved in waterglass are very satisfactory in most dishes, but when possible it is preferable to have fresh eggs for sponge cake, doughnuts, custards, and boiled frosting.

Eggs are used to produce lightness of texture and to thicken a mixture. Eggs add to the nutriment of all dishes in which they are used. Yolks of eggs are richer than the whites and give tenderness to the product in which they are employed.

Beating Eggs. When lightness in the finished product is sought for, the whites and yolks are separated; the whites are beaten until very light and the yolks until thick and light-colored.

If the eggs are used simply to thicken liquid, and lightness is not necessarily desirable, beat the whole egg, without separating the white and yolk, until the white and yolk are thoroughly broken up and blended.

When eggs are added for richness, and much firmness is not essential, as in soft custard, yolks are preferable to the whole egg. If custards are to be turned from molds and hold the shape of the mold, some whites must be retained.

KEEPING LEFT OVER WHITES AND YOLKS. Whites of eggs covered over may be kept in a cool place several days. Yolks of eggs must be covered to exclude as much air as possible; if protected with care (to avoid drying the outside), they also may be kept several days.

CHOCOLATE AND COCOA

Chocolate and cocoa are, occasionally, a welcome addition to many sweet dishes. Cocoa may be added directly to butter and sugar creamed for cake or cookies. To add chocolate to milk or cream, melt the chocolate over boiling water, add a little sugar and a little boiling water, and stir to a smooth consistency, then add more sugar and gradually stir in the milk to be used. Have the milk hot if possible. If eggs are to be used, beat again, then gradually stir in the milk and chocolate. In this way the chocolate gives an even tint to the whole mixture, and no flakes of chocolate are discernible.

Almonds, pistachio, and other nuts, candied violets, rose petals, angelica, citron, raisins, dried currants, and canned fruits are all articles that, used judiciously, add to the appearance of sweet dishes. Small quantities of these things will last

a long time, and the expense of their addition to a dish is negligible. A candied cherry, or a pistachio nut, or half an English walnut meat, chopped and added to a service of ice cream or certain gelatine dishes is quite enough to change the character of the dish.

CANDIED ROSE PETALS, PANSIES, MINT LEAVES, ETC.

(For Use in Decorating Cake)

Set an ounce of gum arabic and half a cup of cold water over the fire in a double boiler and stir while melting. When cold, use in brushing over the leaves, petals, or blossoms. If flowers are used, the stem must be covered with the solution, as also both sides of leaves and petals.

Run a needle with thread through the stem end of each leaf or blossom and hang in the wind to dry; both ends of the thread might be fastened to the rope of the clothesline. Each leaf must be kept apart from the others, that when dried the surface be completely encased in gum arabic.

More gum arabic may be added, if the mixture be too thin to dry well. Make a syrup of half a cup of water, one tablespoonful red-label Karo, and one cup of sugar. Let boil to 234° F. When cold, dip the prepared leaves into the syrup, draw each leaf, on both sides, on the edge of the saucepan, to remove superfluous syrup; drop two or three tiny white round candies on one end, then dredge

both sides with granulated sugar, or dip one side in the sugar, then set the candies on the other side and dredge with sugar. Let dry on table oilcloth.

PRESERVED MARRONS, WHITE GRAPES, OR HALF NUT MEATS GLACÉ

(For Decorating Desserts)

2 cups granulated sugar
2 tablespoonfuls white-label Karo, or
1 tablespoonful glucose
1 cup water

Cook as boiled frosting until the mixture begins to tinge with yellow, remove to a saucepan of boiling water, drop in the articles one by one; cover with the syrup; lift out to an inverted tin pan. Reheat the syrup when necessary. Use a candy dipper or an oyster fork. Before dipping the chestnuts, wash the syrup from them and wipe dry. Leave short stems on the grapes.

TERMS USED IN MANIPULATING INGREDIENTS

Stirring is done by moving a spoon round and round, in ever-widening circles, until the ingredients are thoroughly blended. The ingredients may be dry, or liquid, or both.

Sifting is necessary to remove from flour foreign matter that may be present and to lighten it. Dry ingredients are sifted together in order to mix them thoroughly.

Beating is done by cutting down with a spoon from the top to the bottom of a mixture, bringing the spoon up to the surface, passing over and down through the mixture again and again. The object is to introduce air into the mixture and lighten it.

Cutting and Folding is the process by which whites of eggs or cream, beaten stiff, may be incorporated into another mixture without loss of the air bubbles formed. Put the two mixtures together. With a spoon cut down to the bottom of the dish, turn, bring to the top and fold over the mixture thus brought to the surface. Repeat until the ingredients are blended.

CHAPTER I

CAKE MAKING

CAKE is a luxury and each of the materials used should be choice of its kind.

Pastry flour is preferable for all cakes except those lightened with yeast, when bread flour should be used.

Cornstarch makes a dry cake, as also does powdered sugar.

Measure flour after once sifting; add leavening ingredients and spices, when used, and sift again.

Potato flour makes most excellent sponge cake. Half a cup of potato flour is equivalent to one cup of wheat flour.

Fine, granulated sugar, unless some other variety of sugar is specified, is used in all recipes for cakes and frostings.

Before mixing a cake, determine if the oven will be in a proper condition for baking, when it is ready. Also have all ingredients measured, and all utensils at hand and in condition for use.

Water may be used instead of milk in all recipes where milk is indicated, but the texture will be different.

Two varieties of cake are commonly recognized, viz., Sponge and Cup Cakes. A third variety of cake, a compound of a yeast dough and a butter and egg dough is rarely made in private houses, but when once these cakes have been introduced into the cuisine, their production will be repeated. They are easily made and baked, and bring a high price at the caterers'.

SPONGE CAKE

In a true sponge cake no leavening ingredient is used; the cake depends for its lightness entirely upon the air introduced into the eggs by beating and the expansion of this air when *heated* in the oven. Great care is necessary to incorporate air during the mixing of the ingredients. A sponge cake must be thoroughly baked, but when done should be of a pale yellow color. Sponge cake should not be cut but broken apart with the fingers or pulled apart with two silver forks.

TO MIX A SPONGE CAKE

(1) Beat the yolks of eggs until very light-colored and thick.

(2) Beat the whites until exceedingly light but not dry.

(3) Gradually beat the sugar and flavoring into the yolks.

(4) Fold in half the whites, half the flour, the rest of the whites, and the rest of the flour.

(5) Note there is absolutely no stirring of ingredients, and no beating after the sugar has been beaten into the yolks. Stirring would completely break down the bubbles of air in the eggs, and beating conserves them much less than *folding*.

BUTTER OR CUP CAKE

Butter cake is cake made with shortening, but the line of demarcation between butter and sponge cake can not be drawn too rigidly, for a little melted butter is occasionally used in cake which, on account of manner of mixing, the other ingredients used, and baking, would be listed with sponge cake. Formerly the term "pound" was often given to butter cake, as the ingredients used were listed in pounds or fractions of a pound.

TO MIX A BUTTER CAKE

(1) Measure *all* the ingredients accurately. Note in particular that baking powder is *always* measured by the level teaspoonful.

(2) Beat the shortening to a cream or until of a smooth consistency throughout; butter beaten to a cream will look whitish on the edges.

(3) Gradually beat the sugar into the shortening.

(4) Beat the yolks and whites separately, very light; beat the yolks into the sugar and shortening.

(5) Alternately beat in the liquid and the flour sifted with the lightening ingredients and spices.

(6) Beat in the egg whites.

EXCEPTIONS

(1) If the quantity of sugar is more than twice the quantity of shortening, and egg yolks are used, beat part of the sugar into the shortening and part into the yolks, then beat the two together.

(2) If no yolks are used, after beating twice the measure of sugar into the shortening, alternate the rest of the sugar with a little of the liquid. Shortening does not readily take up more than twice its measure of sugar.

(3) When nuts or fruit are to be used in a cake, add them to the butter and sugar mixture.

BAKING CAKE

As much depends on the proper baking as on the proper mixing of a cake; the heat of the oven must be such that it can be easily regulated.

The oven door may be opened as many times as desired, if it be closed at once and without slamming.

The simplest way to get good results in cake baking — is to watch the cake and the clock.

Divide the time of baking into quarters:

(*a*) In the first quarter, the mixture should simply rise in the pan. (*b*) In the second quarter, the mixture should brown in spots. (*c*) In the third quarter, the whole top should be browned uniformly. (*d*) In the last quarter, the cake should settle a little and shrink from the sides of the pan.

The above gives the key to the baking of all cakes, large or small, for in small cakes, the "quarters"

being shorter, the oven must be hotter than when similar results are given a longer time as in thick, large cakes.

TIME OF BAKING CAKE

The time of baking varies somewhat with the oven and the fuel. In general:

(1) Layer cakes will bake in from 12 to 20 minutes.

(2) Cakes in a sheet (about an inch and a quarter thick when baked), in from 25 to 35 minutes.

(3) Cakes two inches thick, in about 40 minutes.

(4) Cakes filling (when baked) a brick-loaf bread tin, in 1½ to 2 hours.

(5) Cakes in round pan two to three inches thick in 1½ to 2 hours.

(6) Small round cakes about 1½ inches thick, in 25 minutes.

(7) Cookies, etc., in 10 to 15 minutes.

TREATMENT OF SPONGE CAKE AFTER BAKING

Special pans are best for baking sponge cake; those with removable springs that hold the bottom and sides of the pans together are particularly good. The springs extend about an inch beyond the edge of the pan, and when the pan is turned upside down, after the cake is baked, support the pan and allow a free circulation of air between the cake and the dish or table on which it stands. The pan should never be buttered, the cake clings to the pan and hangs

from it in such a way that the air cells are not compressed, but dry out fully expanded, and thus the cake retains its full lightness. When cold, the springs are removed, and a spatula is run between the cake and the pan. A small vegetable brush is useful in cleaning the pan.

If the cake is to be iced, remove all crumbs possible by brushing it thoroughly with a whisk broom kept for the purpose; then pour over it a thin frosting made of sifted confectioner's sugar and boiling water or syrup; flavor the icing with lemon for a sponge cake, with vanilla for an angel cake.

TREATMENT OF BUTTER CAKE AFTER BAKING

Let the cake stand in the tin on a cake cooler five or six minutes after removal from the oven, then turn upside down on the cooler. Put layer cakes together with a filling before they are quite cold; frost when cold. Cake that is to be kept overnight should be covered by a tin or earthen dish to exclude air.

TREATMENT OF SMALL CAKES AFTER BAKING

Let all cakes stand in the tins from two to five minutes after removal from the oven. The time of removal of all small cakes is after they have shrunk a little and have not become crisp. Cup cakes may be removed from a common receptacle by turning the tin upside down and tapping one end of it gently on the table; set the cakes on the wire cooler as

they fall from the tin; by noting the situation of those remaining in the tin, the right point for tapping the tin can easily be determined. Lift all meringues, cookies, and thin cakes with a spatula; run the broad side rather than the end of the spatula under the cakes. Store cakes that are to be kept crisp in a tin receptacle, closed tight; cakes that are to be kept soft, as doughnuts and soft ginger cookies, in an earthen jar.

UTENSILS FOR CAKE MIXING

An earthen bowl, rounding on the bottom, for mixing.

Smaller earthen bowls for beating eggs.

Egg beaters, one or more.

A slitted wooden spoon.

Table and tea spoons for measuring.

Measuring cups.

Magic cover for rolling dough for cookies, etc.

Spatulas for lifting thin cakes after cutting and after baking.

Dredger for sugar.

Dredger for flour.

Tins for baking cakes.

Cutters for small thin cakes.

Small saucepans for boiling sugar.

Thermometer to test syrup for frosting.

Pastry bag and tubes to pipe frosting.

Small French knife to cut candied fruit, etc.

Wire cake coolers.

CAKE PANS AND THEIR TREATMENT

In these latter days we have learned to economize in time and fuel, and solid loaves of cake are seen less frequently than fifty years ago. Even a bride's cake is now often baked in layers and the layers put together to look like a solid loaf. More delicate mixtures may thus be used.

TUBE PANS

Also tube pans are available where solid loaves are desired; with these, heat penetrates the mixture through the center as well as on the outside and the cake bakes more quickly. Then, too, a shorter extent of air cells is to be supported and liability to heaviness at the center is eliminated.

SPONGE CAKE PANS

For sponge cakes, pans with center tube and sides that are held in place with springs are provided. The springs extend about an inch above the top of the pan and furnish a support for the inverted pan. By allowing the cake to cool in the inverted pan the moist cell walls do not settle but are elongated and the cooled cake is particularly light and porous. The pan thus used must be kept specially for this purpose; this pan must not be greased and butter cake must not be baked in it, otherwise the cake will not adhere to the pan. When the cake is cold, the side is removed, and a spatula run beneath the cake to remove it from the bottom of the pan.

LINING PANS WITH PAPER

When butter cakes are baked in loaves in a large sheet or in pans that do not have a removable bottom, paper should be fitted into the bottom of the pan. A thin light-weight wrapping paper such as is used for doing up small parcels at a dry-goods store, is the best paper for this purpose. Spread the paper over the pan, the long edge of the paper on the long edge of the pan, hold the paper in place with one hand, and with the thumb and forefinger of the other hand crease the paper firmly down on the other long edge of the pan, fold the paper in this crease, then with a knife cut the paper in the crease. The paper should now fit down into the pan perfectly; leave the two ends of paper hanging out an inch or two, that the cake, when baked, may be lifted from the pan by them. Butter the paper thoroughly, also the sides of the pan not protected by the paper. Some other shortening than butter, something free from salt or sediment, is preferable for this purpose.

Tins for individual cakes or large round cakes may be partially lined with paper. For small cakes fold the paper to cut all the pieces at one time. Set the tin down on the paper, mark with a pencil around the tin, then cut inside the mark. After thoroughly greasing fluted tins dredge them lightly with flour, then tap the tin, upside down, on the edge to remove superfluous flour. The flour makes a good surface if the cake is to be frosted.

RECIPES FOR SPONGE CAKE

SPONGE CAKE WITH POTATO FLOUR

5 eggs
1 cup sugar
½ lemon grated rind and juice
½ cup potato flour
¼ teaspoonful salt

Beat the whites of the eggs very light; beat the yolks until thick and light-colored. Beat the sugar into the yolks gradually, add the lemon rind and juice; fold in one half the whites, then fold in the flour and, lastly, the rest of the whites. When finished the mixture should be exceedingly light and fluffy. Bake in an unbuttered tube pan about fifty minutes. This makes a very tender, delicate sponge cake.

SPONGE CAKE WITH PASTRY FLOUR

Use the above recipe, substituting one cup of pastry flour for the half cup of potato flour.

LITTLE EASTER SPONGE CAKES

3 egg whites, beaten very light
4 egg yolks, beaten thick
Grated rind 1 orange
½ cup granulated sugar
2 tablespoonfuls melted butter
½ cup flour

Beat the orange rind and sugar into the yolks; beat in the butter, and fold in the flour and egg whites. Bake in small, oval well-buttered tins. When baked, invert the cakes, spread with a little white boiled frosting, and at the center coil a little rose-tinted frosting; sprinkle the whole with blanched pistachio nuts, chopped fine. The recipe makes

about twenty little cakes. Three fourths a cup of sugar and one egg white are needed for frosting. Take out three tablespoonfuls of the frosting to tint for the center. Do not use the frosting until it will hold its shape, then it may be put on to show lines or shadings of pink here and there.

SPONGE DROPS WITH JELLY

3 egg whites
4 egg yolks
½ cup sugar
Grated rind ½ lemon
½ cup pastry flour
2 tablespoonfuls melted butter

Beat the whites very light and the yolks till thick; beat the sugar into the yolks, add the grated rind, fold in half the whites, the flour, the rest of the whites, and last of all the butter. Bake in small round tins, or drop in rounds in a buttered pan. The oven must be of a moderate heat. About ten minutes' baking is needed. The butter may be omitted. Put together in pairs, rounding side outwards, with currant or other jelly between.

LADY FINGERS

3 eggs
½ cup sugar
Grated rind ½ lemon
⅝ cup flour

Beat the yolks thick, and the whites very light; add lemon rind to yolks, and beat in the sugar gradually; fold in half the whites, half the flour, the other half of the whites, and the rest of the flour. Shape on a buttered baking sheet, in narrow strips, about one inch wide and four or five inches long, and dredge with sugar. Bake about ten minutes.

ANGEL CAKE

8 egg whites
1 teaspoonful cream of tartar
Grated rind 1 lemon or orange
¾ cup flour
1 cup sugar

Beat the eggs very light; add the cream of tartar and beat until firm; add the grated rind and fold in the sugar and flour. Bake in an unbuttered angel-cake pan about fifty minutes. Let cool in the inverted pan.

SUNSHINE CAKE

White Part

4 egg whites
½ teaspoonful cream of tartar
½ cup sugar
¼ teaspoonful salt
⅜ cup flour (half cup less 1 tablespoonful)

Prepare as angel cake and bake in large layer-cake pan.

Yellow Part

5 egg yolks
1 cup sugar
¼ teaspoonful salt
1⅓ cups flour
½ cup milk
1 slightly rounding teaspoonful cream of tartar
½ level teaspoonful soda

Bake in two layer-cake pans. Put the white layer between the yellow layers with frosting flavored with orange on the layers and on the outside.

ANGEL CAKE WITH POTATO FLOUR

8 egg whites
1 teaspoonful cream of tartar
1 cup sugar
Grated rind 1 lemon or orange
¼ cup wheat flour
¼ cup potato flour
¼ teaspoonful salt

Prepare in the usual manner — see "Angel Cake."

SUNSHINE CAKE

(Aimé C. Hollister)

1¼ cups sugar
5 tablespoonfuls boiling water
6 egg whites
½ teaspoonful cream of tartar
6 egg yolks
½ teaspoonful vanilla
1 cup flour

Boil the sugar and water until it threads (as in making boiled icing). Beat the egg whites partly; add the cream of tartar and beat until stiff; gradually pour on the syrup, beating meanwhile, and continue the beating until the mixture is cold. Beat the yolks until thick and light-colored; add the vanilla and fold into the first mixture; fold in the flour. Bake in a tube pan fifty minutes in a slow oven. Let cool in the inverted pan.

WHIPPED CREAM CAKE

(Mrs. Percy)

1 cup sifted sponge cake crumbs
¾ cup fine-chopped, blanched almonds
5 eggs
1 cup sugar
Grated rind 1 lemon

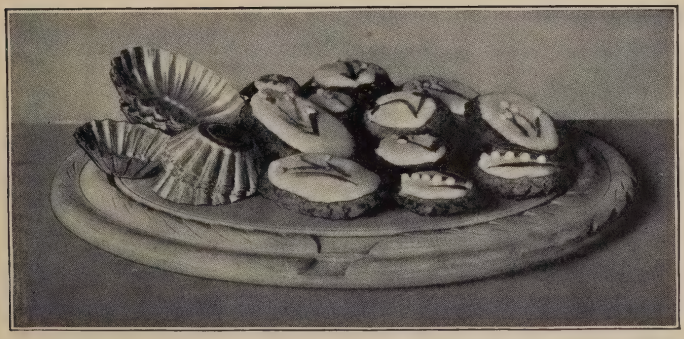
FILLING

½ cup milk
1½ teaspoonfuls cornstarch
½ teaspoonful salt
2 tablespoonfuls sugar
1 egg yolk
1 tablespoonful sugar
¼ teaspoonful vanilla

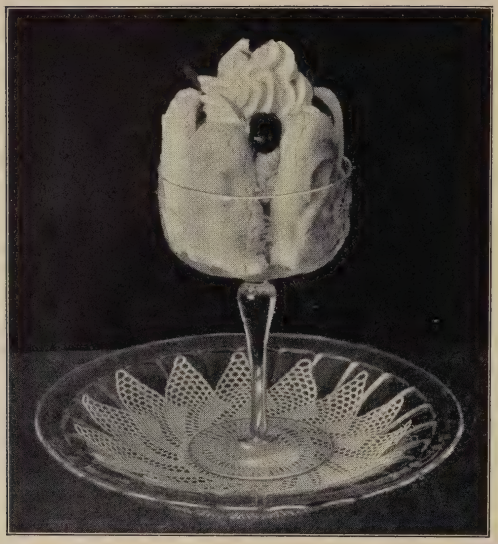
COVERING

1 pint cream
¼ cup sugar
½ teaspoonful vanilla

CAKE TINS. — *Page 20.*



LITTLE EASTER CAKES, WITH TINS. — *Page 21.*



INDIVIDUAL CHARLOTTE RUSSE, MERINGUE, LADY FINGERS.
Page 207.

HEART-SHAPED SPONGE POUND CAKE. — *Page 34.*

The sponge cake crumbs should be dry; using these and the almonds as flour, combine with the other ingredients in making a sponge cake. (See recipe for Sponge Cake, Page 13.) Bake in two layers. To make the filling, scald the milk, mix the cornstarch, salt, and sugar and stir into the milk; stir until the mixture thickens, cover, and let cook ten minutes; beat the yolk, add the sugar, and stir into the hot mixture; stir and cook until the egg thickens the mixture; when cold, add the vanilla and use. Beat the cream, sugar, and vanilla till firm; spread a little over the outside of the cake, then pipe on the rest. Let stand in a cool place half an hour or longer before serving.

TREE CAKE

Bake sponge cake in a thin sheet. Prepare three long strips, about three eighths of an inch thick, and nearly two inches wide. Lay one strip flat on a board; dispose a thread of whipped cream (sweetened and flavored before whipping) down through the center. Set the other two strips to meet over the filling, forming a triangular-shaped strip of cake. Pipe Mocha Frosting (Page 99) lengthwise over the cake, to simulate the bark of a tree trunk. Pipe plain butter and sugar, flavored with vanilla, in places, with Mocha Cream around to simulate "knots" in the tree trunk. Sprinkle the "knots" with chopped pistachio nuts.

MOCHA CREAM

Beat one cup (half a pound) of butter to a cream; gradually beat in two cups and a half of sifted confectioner's sugar and coffee extract, to tint and flavor as desired.

WATER SPONGE CAKE

3 eggs
¼ cup cold water
1½ cups sugar
Grated rind 1 lemon
1 cup flour
¼ cup cold water
1 cup flour
2 teaspoonfuls baking powder
½ teaspoonful salt

Use a large, strong egg beater, and beginning with the egg yolks, beat in each item one after the other; add the baking powder and salt with the last cup of flour. Finally, fold in the egg whites. Bake in a tube sponge-cake pan forty-five minutes, or in large biscuit pans and use with fruit jelly for two in two jelly rolls.

JELLY ROLL

2 eggs, beaten light
1 cup granulated sugar
Grated rind 1 lemon
⅓ cup hot water
1 teaspoonful butter
1 cup flour
1½ teaspoonfuls baking powder
¼ teaspoonful salt
Currant jelly
Confectioner's sugar

Gradually beat the sugar into the eggs, add the grated rind, the butter melted in the hot water, and the flour sifted with the baking powder and salt. Beat all together thoroughly and turn into a shallow pan lined with a well-buttered paper. Bake about

eighteen minutes, turn at once on to a clean cloth, trim off the crisp edges on the four sides, spread with jelly, and roll over and over, keeping the cloth between the fingers and the cake. Roll the roll of cake in the cloth and let stand some time. Sift confectioner's sugar over the top of the cake.

GLACÉD MOCHA CAKES

Bake sponge cake mixture in a shallow pan; when baked the cake should be a scant half inch thick. Cut into diamonds and rounds or other shapes. Spread the tops with Confectioner's Frosting (Page 97); above pipe figures of Butter Frosting (Page 99); have part of this frosting tinted a delicate green, a part a delicate pink, and leave some plain. Flavor the plain with mocha or vanilla, the pink with rose, and the green with almond and vanilla. Pour a thin fondant or confectioner's frosting over the butter frosting to cover completely the top and sides of the cakes; the frosting should be of such consistency that it will cover perfectly and yet the colors and lines of the butter frosting beneath will be perfectly shown. The frosting that runs off may be lifted to a bowl with a spatula and used again. The frosting will need to be stiffer than one would, at first, think — but is easily made just right by adding either water, sugar, or fondant.

CAKE MAKING AT HIGH ALTITUDES

In high altitudes, as the external atmospheric pressure is less, the cell walls of cake dough holding

the gases generated by the leavening agents and the creaming of the butter and sugar tend to expand too much, burst, and run together. Before the outer cell walls can become sufficiently hardened by heat, the cake falls and is heavy. The remedy is to maintain equilibrium between external and internal pressure, and this is done by the formation of fewer air cells; that is, in practice, by the use of less shortening and sugar or less leavening agent; or by increasing the tenacity of the dough; or by using fresh eggs and more of them. Probably any of the recipes for cakes, cookies, or shortened mixtures given in this book may be used successfully at high altitudes by cutting down the shortening one third and the sugar one fourth.

BOILED FROSTING AT HIGH ALTITUDES

Sugar and water for frosting and fondant require longer cooking at high altitudes than at sea level. At Denver, water boils at about 202° F. At Denver, the syrup will register from 215° to 222° F. at the soft ball stage, as against 238° to 240° F. at sea level.

FAVORITE HIGH ALTITUDE CAKE

½ cup butter
4 egg yolks, beaten light
1½ cups granulated sugar
¾ cup milk or water
3 cups pastry flour
3 teaspoonfuls baking powder
½ teaspoonful salt
4 egg whites

Cream the butter; gradually beat half the sugar into the butter, and half into the beaten yolks, then

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beat the two mixtures together; add, alternately, the liquid and the flour sifted with the baking powder and salt, and lastly the whites of eggs. Bake in three layer-cake pans. Put the layers together with soft filling and sift confectioner's sugar over the top.

SOFT FILLING

2 cups brown sugar
½ cup sweet milk
1 tablespoonful butter
2 tablespoonfuls flour
¼ teaspoonful salt
1 tablespoonful vanilla

Melt the sugar in the milk, and heat to the boiling point; cream the butter, beat in the flour and salt and dilute with a little of the hot syrup; stir until boiling, then let simmer ten minutes, stirring occasionally; let cool a little, add the vanilla and use.

The four following recipes are supplied by a Denver housekeeper:

HIGH ALTITUDE SPONGE CAKE

5 eggs
1 cup sugar
4 tablespoonfuls water
1½ cups pastry flour
1 teaspoonful (slightly rounding) baking powder
½ lemon, juice and grated rind

Beat the yolks; add the sugar, water, three fourths of the flour, the lemon juice and rind. Beat thoroughly; add the baking powder and the rest of the flour and fold in lightly; fold in the whites, beaten dry, and pour into an unbuttered cake pan

with tube. Bake from an hour to an hour and a half.

HIGH ALTITUDE SUNSHINE CAKE

1 whole egg
10 egg yolks
1 cup granulated sugar
3 tablespoonfuls boiling water
1 cup flour
1 level teaspoonful baking powder
Lemon and vanilla extract

Beat the eggs all together very light; beat the sugar into the eggs, gradually, using the egg beater; add the boiling water, then add the flour and baking powder and flavoring. Pour into a dry, cold pan, long and narrow in shape.

ANGEL CAKELETS

½ cup flour
½ cup sugar
½ teaspoonful cream of tartar
5 egg whites
½ teaspoonful vanilla extract

Sift the flour and sugar five times before measuring, then sift again together with the cream of tartar; fold in the whites, beaten dry, and the extract; drop from a spoon on buttered paper, and bake from ten to twelve minutes in a slow oven.

SPONGE DROPS

3 eggs
½ teaspoonful salt
½ cup sugar
¼ teaspoonful vanilla
½ cup cake flour

Beat yolks until thick and creamy; add sugar and continue beating; add the salt to the whites and beat until dry; fold in the whites and the flour

and flavoring; drop the mixture gently from the tip of a spoon on an unbuttered tin sheet; sprinkle with pulverized sugar and bake in a cool oven about eight minutes. Put together in pairs with jelly or preserves between.

RECIPES FOR BUTTER CAKES

STANDARD WHITE LAYER CAKE

½ cup butter
1 cup sugar
½ cup milk
2 cups sifted flour
3 level teaspoonfuls baking powder
3 egg whites

Cream the butter; gradually beat in the sugar, then the milk and flour with the baking powder, alternately, and lastly, the whites beaten dry. Beat vigorously at the last. Bake in two layer-cake pans.

BRIDE'S CAKE I

2 cups butter
4 cups sugar
2 cups milk
10 egg whites
6 cups flour
12 teaspoonfuls baking powder

Cream the butter and beat in the sugar gradually; add the milk, alternately, with the flour and baking powder and, lastly, the egg whites, beaten very light. Bake in two pans about 14 × 14 inches and 3 inches deep. When baked and removed from the pan, take one corner of the cake for the point of a heart, lay on a pattern, and with sharp knife cut the cake to the pattern, using the pieces cut from cake to fill out the top. Fasten the pieces together with frosting and put the two layers to-

gether with frosting. Then cover the whole cake and decorate with boiled frosting steamed over boiling water until it will hold its shape. This piping was done with cones made of paper and cut at the point as desired. For the frosting, take four cups of sugar and eight egg whites, or, if a heavy frosting is desired, increase the sugar and egg whites in the same proportion. In steaming, considerable frosting is lost and, if a heavy covering is to be put on the cake before the piping is begun, it must be allowed for.

BRIDE'S CAKE II

½ cup butter
1½ cups sugar
Grated rind 1 lemon
½ cup milk
2½ cups flour
1 level teaspoonful baking powder
4 egg whites, beaten light

Cream the butter; gradually beat in the sugar and grated rind; add the milk, alternately, with the flour sifted with the baking powder, and, lastly, the egg whites. Bake in a tube pan about fifty minutes.

BRIDE'S CAKE III

½ cup butter
Grated rind 1 lemon
1½ cups sugar
¾ cup milk
2¼ cups flour
2 teaspoonfuls baking powder (level)
4 egg whites, beaten light

Cream the butter and add the grated rind; beat in the sugar gradually, adding at the last a few drops of milk occasionally; then add alternately the rest of the milk and the flour sifted with the baking

powder; lastly beat in the egg whites. Bake in a tube pan nearly one hour. The recipe when baked fills a pan $6\frac{3}{4}$ inches in diameter at the bottom, $7\frac{1}{4}$ at the top, and $3\frac{1}{2}$ inches deep.

WHITE FRUIT CAKE

(Charleston Recipe)

3 pounds butter
2 quarts sugar
3 pounds white Sultana raisins
3 pounds citron, sliced thin
3 pounds almonds, shelled, blanched, and powdered
3 pounds fresh cocoanut, grated
1 dozen egg yolks
1 cup whisky
$4\frac{1}{2}$ cups flour
2 tablespoonfuls ground nutmeg
2 tablespoonfuls ground mace
2 ounces rose extract
12 egg whites, beaten very light

Mix in the usual manner and cover with frosting made of four ounces almond paste, two yolks of eggs, and sifted confectioner's sugar to make a paste that may be rolled to fit the cake. When ready to use the cake, cover with a boiled icing.

SPONGE POUND CAKE

$\frac{1}{2}$ cup butter
Grated rind 1 lemon
$\frac{1}{2}$ cup sugar
4 egg yolks, beaten light
1 cup flour
1 tablespoonful (level) cornstarch
1 teaspoonful (level) baking powder
4 egg whites, beaten very light

Mix this cake in the usual manner. Bake in a loaf about forty minutes. The cake will be of the texture of sponge cake. For a finer grained cake use but half the quantity of baking powder indicated.

HEART CAKE WITH CHERRIES

To the recipe for Sponge Pound Cake, add about one third a cup of candied or maraschino cherries cut in thin slices. Bake the mixture in two heart-shaped pans 6 × 6 inches about half an hour. When cooled somewhat, cover with a boiled frosting and decorate with two cherries and stems and leaves cut from angelica or citron.

SPONGE POUND CAKE HEARTS

(Valentine Style)

Bake the recipe for Sponge Pound Cake in a pan 10 × 10 inches; cut the cake into heart shapes with a cutter, cover the top with white icing, and sprinkle the edge at once with tiny pink and white candies.

BRIDESMAID CAKE

(White Fruit)

1 cup butter
1 cup sugar
1 cup sliced almonds (blanched)
1 cup sliced citron
1 cup Sultana raisins
Grated rind 1 lemon
2 cups flour
1 teaspoonful baking powder
6 egg whites, beaten light

Mix in the usual manner.

APPLE SAUCE CAKE

½ cup butter
1 cup sugar
1 egg, beaten light
1 cup raisins
1 cup currants
1¾ cups flour
1 teaspoonful soda
1 teaspoonful cinnamon
½ teaspoonful cloves
1 cup hot apple sauce

Cream the butter, beat in the sugar, the egg, and fruit; add the flour sifted with the soda and spices and the apple sauce, which should be strained and in the form of a comparatively thick purée. Bake in a tube pan lined with buttered paper, in a moderate oven, about one hour and a half.

FUDGE CAKE

¼ pound chocolate
1 cup brown sugar
½ cup milk
1 egg, beaten light
½ cup butter
1 cup sugar
2 egg yolks, beaten light
½ cup milk
2½ cups flour
3 teaspoonfuls baking powder
2 egg whites, beaten light
1 tablespoonful warm water

Melt the chocolate, add the sugar and milk, stir until the sugar is melted, then stir and cook to a smooth paste; add the egg and set aside to cool. Mix the other ingredients in the usual manner, adding the cooked mixture and warm water at the last. Bake about twenty-five minutes in two layer-cake pans. Prepare a boiled frosting with one and one half cups of sugar and three egg whites. To one third of this add half a cup each of nuts and seeded raisins chopped fine, and use between the layers. Cover the cake with the rest of the frosting and decorate the top with halves of English walnut meats.

SPICE CAKE

(Miss Keen)

½ cup butter
1 cup sugar
2 egg yolks, beaten light
½ cup thick sour milk

1 tablespoonful molasses
1½ cups flour
½ teaspoonful soda
¼ teaspoonful cloves
1 teaspoonful cinnamon
2 egg whites, beaten light

Cream the butter, beat in the sugar, the egg yolks, sour milk, and molasses, add the flour sifted with the soda and spices, and lastly add the egg whites and beat thoroughly. Bake in a shallow pan. Cover the top with a thin layer of Plain Marshmallow Frosting (Page 101) and pipe on the rest of the frosting.

GOLD CAKE

½ cup butter
Grated rind 1 orange
1 cup sugar
4 egg yolks, beaten light
1 cup milk
3 cups flour
2 slightly rounding teaspoonfuls cream of tartar
1 level teaspoonful soda or
4½ teaspoonfuls baking powder

Cream the butter, beat in the orange rind and sugar, the egg yolks, and alternately the milk and flour sifted with the leavening ingredients. Bake in a loaf (tube pan) about forty-five minutes or in a sheet about twenty-five minutes. Cover with a boiled frosting. Cocoanut mixed through the frosting is good for a change.

SHREWSBURY CAKE

1 cup butter
3 cups sugar
3 eggs
1 cup milk
3 cups flour
3 teaspoonfuls baking powder

Cream the butter; gradually beat in the sugar, then add the unbeaten eggs, one at a time, beating each egg five minutes before the next is added.

Add the milk alternately with the flour and baking powder sifted together. Bake in a dripping pan about forty minutes. Better results are secured with this rather rich cake if it be baked in three pans rather than in one large sheet. Finish with a boiled frosting.

SPRING CAKE

½ cup butter
2 cups sugar
1 cup cold water
2½ cups sifted flour
2½ level teaspoonfuls baking powder
4 egg whites, beaten very light

Cream the butter and beat in one cup of the sugar; add the other cup of sugar very gradually, alternately with a few drops of water, then add alternately the flour sifted with the baking powder and the rest of the water; finally beat in the egg whites. Bake in three layer-cake pans about twenty minutes. Put the layers together with part of the frosting, dispose part on the top of the cake, stir the rest over boiling water until thickened slightly, and use to pipe around the stems of the violets.

FROSTING FOR SPRING CAKE

2 cups granulated sugar
½ cup boiling water
4 egg whites, beaten light
Citron, candied violets, and pistachio nuts

Boil the sugar and water to a rather firm soft ball, 240° F. on the sugar thermometer; pour in a fine stream on the egg whites, beating constantly meanwhile; continue the beating until the mixture is firm

and cool. Angelica may be used for stems in place of the citron.

LADY BALTIMORE CAKE

1 cup butter
2 cups sugar
3½ cups flour
2½ level teaspoonfuls baking powder
1 cup milk
1 teaspoonful rose water
6 whites of eggs

Mix the cake in the usual maner; the ingredients are enumerated in the order of use.

FROSTING

3 cups sugar
1 cup boiling water
3 whites of eggs
1 cup raisins
1 cup nut meats
5 figs

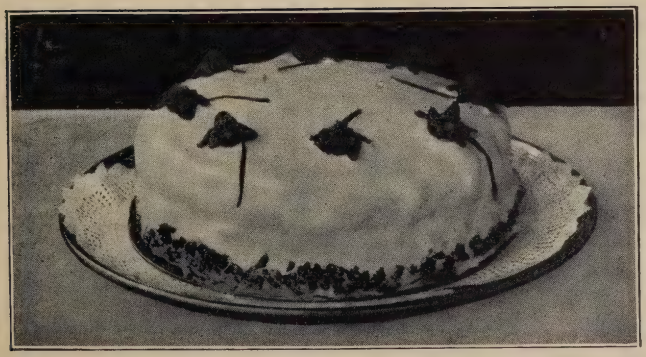
For the frosting, boil the sugar and water (as in making fondant) to 238° F. and add to the whites, beaten dry; add the fruit and nuts, chopped, and the figs, cut in bits. Flavor to taste.

WHITE CAKE I

1 cup butter
Grating of lemon rind
2 cups sugar
½ cup milk
3½ cups flour
4 teaspoonfuls baking powder
7 egg whites

Beat the butter to a cream; add the grated rind and gradually beat in the sugar, then add alternately the milk and flour sifted with the baking powder; add the egg whites and beat vigorously. Bake in a pan 13 x 8 inches, lined with a buttered paper,

SPRING CAKE. — *Page 37.*



WHITE CAKE, II, CHERRY DECORATION. — *Page 39.*

Ribbon Cake. — *Page 40.*

Plain White Cake, I, Marshmallow Frosting. — *Page 38.*

about half an hour. Cover with Marshmallow Frosting (Page 101) and sprinkle at once with fine-chopped pistachio nuts (green). This cake, baked in a sheet, may be cut in about forty pieces.

WHITE CAKE II

½ cup butter
1½ cups sugar
Grated rind ½ lemon
2⅔ cups flour
4 teaspoonfuls baking powder
⅔ cup sweet milk
4 egg whites, beaten very light

Mix in the usual manner. Bake in a tube pan about fifty minutes. Cover with Marshmallow Frosting II (Page 101). Decorate the frosting with bits of cherry and green rind of citron to simulate flowers.

WHITE CAKE, WILD ROSE DECORATION

Bake Bride's Cake in either a loaf or two layers, cover the outside of the cake with plain white frosting, and at once decorate with candied rose petals put on to simulate wild roses. Use yellow candies for the centers. Candied rose petals can be bought by the ounce. Most of the petals are folded and narrow, but by selecting proper petals two may be combined to simulate one petal.

CHRISTMAS CAKE WITH CANDLES

Bake Bride's Cake in layers, put the layers together with a fruit and nut filling, cover the cake with white frosting and sprinkle with fine-chopped pistachio nuts. When ready to serve, ornament with red candles in red candle holders and light the candles.

RIBBON CAKE

1 cup butter (scant)
2½ cups sugar
4 eggs
1 cup milk
4 cups flour
4½ teaspoonfuls (level) baking powder
1 cup raisins
1 cup nut meats
½ cup currants
½ cup citron
½ cup cherries
2 tablespoonfuls cocoa
2 teaspoonfuls molasses
½ teaspoonful cinnamon
¼ teaspoonful cloves

Cream the butter, gradually beat in the sugar, then the unbeaten eggs, one after another; sift the flour with the baking powder; add it to the first mixture alternately with the milk, and beat the whole thoroughly. Bake two thirds of the mixture in two layer-cake pans. Add the other ingredients to the rest of the mixture and bake in a layer-cake pan of the same size as the others. To prepare the fruit and nuts, seed the raisins and cut in three or four pieces each; break the nut meats in small pieces; slice the citron and cherries. Put the layers together with fruit jelly; cover the whole with a boiled frosting, and decorate with halves of English walnut meats.

CARAMEL CAKE

½ cup butter
1 cup sugar
3 egg yolks
1 cup water
3 teaspoonfuls caramel syrup
2 cups sifted flour
2 teaspoonfuls baking powder
2 egg whites

WHITE CARAMEL CAKE I

¾ cup butter
2 cups sugar
½ cup milk
3 cups flour
2 teaspoonfuls baking powder
6 whites of eggs
1 teaspoonful vanilla extract

WHITE CARAMEL CAKE II

½ cup butter
1½ cups sugar
½ cup milk
2¼ cups flour
¼ teaspoonful soda
¾ teaspoonful cream of tartar (measured level)
5 whites of eggs
1 teaspoonful vanilla extract

Mix the cake in the usual manner; bake in a sheet and cover with Caramel Frosting I (Page 101).

FRUIT CAKE

(C. F. L., Washington, D. C.)

1 pound butter
1 pound brown sugar
1 pound flour
12 eggs
1 teaspoonful baking powder (rounding)
2 teaspoonfuls cinnamon
1 teaspoonful cloves
2 nutmegs, grated
1 cup brandy or whisky
6 pounds seeded raisins
3 pounds currants
2 pounds citron
2 pounds candied cherries
2 pounds apricots
2 pounds pineapple

Cut the citron in large pieces, use cherries whole, cut apricots and pineapple. To make cake, put all the fruit in a large pan, then sift half a pound of flour on it, mixing well with the hand. Mix together one pound of butter and one pound of sugar until creamy, then add the beaten yolks of the eggs. Next, add to half a pound of flour the baking powder, and add to the cake alternately with beaten egg whites. Add spices and brandy, and mix all with the fruit. Steam five hours in a steamer, then bake in a very slow oven one hour. This is only to dry the cake a little. Make in loaves to suit. Tins with tube in the center are very convenient.

RYE BREAD TORTE

12 eggs
¾ pound sugar
1 lemon grated, rind and juice
10 ounces almonds, chopped fine
4 ounces citron, cut fine
1 teaspoonful ground cloves
¾ pound grated rye bread
1 wineglass red wine

Beat the yolks until light colored and thick, then gradually beat in the sugar; add the lemon, almonds, citron, cloves, and the rye bread crumbs mixed with the wine, and lastly the whites of the eggs beaten dry. Bake in two loaves. Divide the recipe and make one half.

POTATO TORTE

1 cup butter
1¾ cups sugar
3 egg yolks, beaten light
1 cup riced potato (boiled or baked)
1 cup grated sweet chocolate
1 cup fine-chopped almonds, walnuts, or pecans
Grated rind 1 lemon
1½ cups milk
2 cups flour
3 teaspoonfuls baking powder
3 egg whites beaten very light

Mix in the order enumerated. Bake in three layers about fifteen minutes or in a loaf about forty-five minutes. Put the layers together with fruit jelly. Cover the outside of cake with Mocha (butter) Icing (Page 99).

DIVINITY FUDGE CAKE

½ cup butter
1½ cups sifted brown sugar
2 egg yolks
½ cup sifted brown sugar
4 ounces chocolate (melted)
½ cup hot water
½ cup thick sour milk
2½ cups flour
1 teaspoonful soda
2 egg whites, beaten very light
½ teaspoonful ground cinnamon
¼ teaspoonful ground cloves
½ cup chopped raisins

Beat the butter to a cream and gradually beat in the cup and a half of sugar. Beat the egg yolks light; beat in the half cup of sugar and beat the two mixtures together; add the chocolate, then, alternately, the warm water and sour milk with the flour sifted with the soda; lastly beat in the egg whites. Have three layer-cake pans well buttered; put cake mixture into two of these, leaving one third of it in the bowl; to the mixture in the bowl add the spices and raisins, mix and turn into the third pan; bake about twenty minutes. Put the layers together and cover the outside with Divinity Frosting (Page 104).

MOIST SPICE CAKE

½ cup butter
1½ cups brown sugar, sifted
2 eggs, beaten without separating
½ cup coffee
2 cups flour
3 teaspoonfuls (level) baking powder
1 teaspoonful cinnamon
½ teaspoonful mace
¼ teaspoonful clove

Cream the butter; beat in the sugar, the eggs, and alternately the coffee and flour sifted with the baking powder and spices.

LEMON CAKE

¼ cup butter
1 cup sugar
2 eggs, beaten light
½ cup milk
1½ cups flour
½ level teaspoonful soda
1 slightly rounding teaspoonful cream of tartar

Mix in the usual manner, sifting the soda and cream of tartar into the flour, then sifting with the flour.

FILLING

Beat one egg without separating the white and yolk; add the grated rind and juice of one lemon, one cup of sugar, and two tablespoonfuls of butter. Cook and stir over hot water until the mixture thickens and is smooth. Bake the cake in two layers; put the filling between the layers and sift confectioner's sugar over the top.

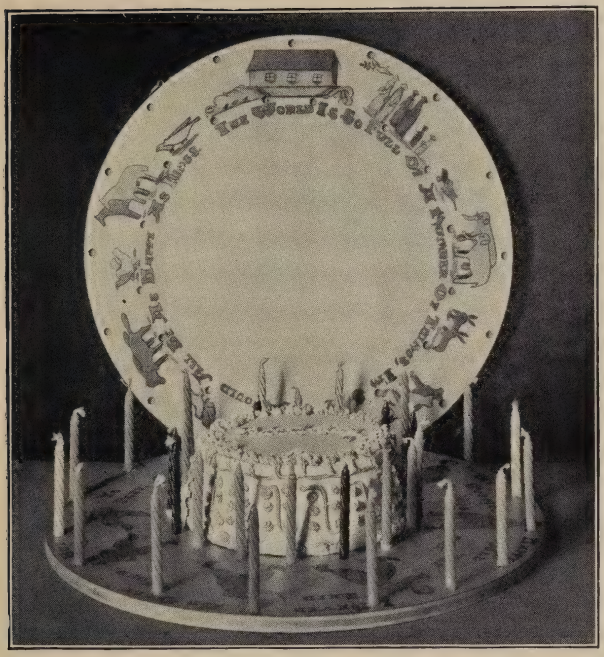
GRAHAM CRACKER CAKE

½ cup butter
⅔ cup sugar
2 egg yolks, beaten light
1 cup milk
⅔ pound Graham crackers
3 teaspoonfuls baking powder
¼ teaspoonful salt
½ teaspoonful cinnamon
2 egg whites, beaten very light

Beat the butter to a cream, beat in the sugar and the egg yolks. Roll and sift the crackers, add the baking powder, salt, and cinnamon and mix thoroughly. Add the cracker mixture to the first mixture alternately with the milk; beat in the whites of eggs. Bake in a buttered pan about 14 × 8 inches. When cooled somewhat cut in two pieces; put these together and spread the top with Chocolate Mocha or Plain Mocha Frosting (Page 99); cut the cake in ten or twelve individual portions; pipe more of the frosting above; finish with half a maraschino cherry at the center of the frosting. The cake may easily be cut into more portions.

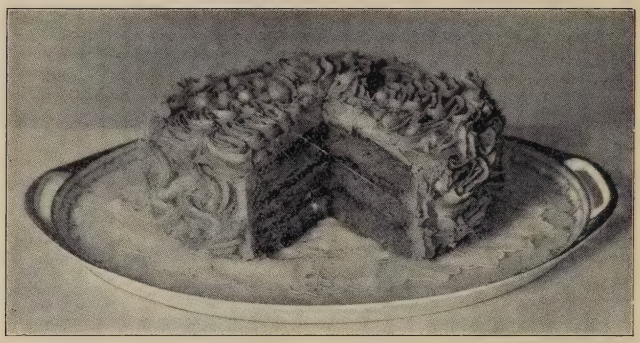
BLITZEN CAKE

½ cup butter
½ cup sugar
4 egg yolks, beaten light
3 tablespoonfuls milk
1 cup flour
1 teaspoonful baking powder



Birthday Cake with Hand Painted Board for Candles.

White Cake, Wild Rose Decoration. — *Page 39.*



Potato Torte. — *Page 42.*

Birthday Cake, Crocus Decoration.

Cream the butter, beat in the sugar, egg yolks, milk, and flour sifted again with the baking powder. Spread the mixture in a shallow baking pan.

FROSTING

4 egg whites
¾ cup sugar
½ cup almonds, blanched and chopped
Sugar and cinnamon

Beat the whites very light, beat in the sugar, and fold in the almonds. Spread this mixture over the cake mixture, dredge the top with sugar and cinnamon, and bake until done (about thirty minutes). Cut in strips two inches by one for serving.

APPLE CAKE

⅓ cup butter
1 cup sugar
Grated rind 1 lemon
2 eggs, beaten light
½ cup milk
1¾ cups flour
3 teaspoonfuls baking powder
¼ teaspoonful salt

Cream the butter, beat in the sugar and grated rind, the eggs, and alternately the milk and the flour sifted with the baking powder and salt. Bake in layer pans. Put the layers together with Apple Filling and sift confectioner's sugar on top.

APPLE FILLING

1 large apple, grated
Juice 1 lemon
1 cup sugar
1 egg, beaten light
1 tablespoonful butter
¼ teaspoonful salt

Heat the apple, lemon juice, and part of the sugar in a double boiler; add the rest of the sugar to the

egg and stir into the hot mixture; continue to stir until the mixture thickens, then beat in the butter and salt; let chill a little, and it is ready to use.

CHOCOLATE MARSHMALLOW CREAM ROLL

4 eggs, beaten light without separating
1 cup granulated sugar
2 tablespoonfuls cocoa
2 tablespoonfuls melted butter
1 cup flour
1 teaspoonful baking powder

Gradually beat the sugar and cocoa into the eggs, beat in the butter, then fold in the flour and baking powder. Turn into a baking pan $13\frac{1}{2} \times 8\frac{1}{2}$ inches, lined with buttered paper. Bake about fifteen minutes. Turn on to a cloth or paper, trim off the crisp edges on the four sides, and when cooled somewhat, spread with Marshmallow Filling and roll like a jelly roll; roll in the cloth and let stand half an hour or longer. Spread Confectioner's Chocolate Frosting (Page 98) over the top of the cake.

MARSHMALLOW FILLING

$\frac{1}{4}$ pound fresh marshmallows
1 cup granulated sugar
$\frac{1}{4}$ cup boiling water
2 egg whites, beaten very light
$\frac{1}{2}$ teaspoonful vanilla extract

Set the marshmallows to heat and soften in a double boiler. Melt the sugar in the boiling water and cook to 240° F. (See directions for boiled frosting.) Pour in a fine stream on the egg whites, beating constantly meanwhile; add the marshmallows and continue to beat until smooth; add the extract.

PINEAPPLE CAKE

(Mrs. J. H.)

¼ cup butter
1 cup sugar
1 whole egg and 2 yolks
½ cup milk (generous)
1¾ cups flour
2½ teaspoonfuls baking powder
¼ teaspoonful salt

Mix the cake in the usual manner. Bake in a pan 8 × 8 × 2. Turn the cake bottom side upwards, and when cooled a little spread the top with grated pineapple and cover the top and sides with the following frosting.

FROSTING FOR PINEAPPLE CAKE

Grated pineapple
1 cup sugar
¼ cup boiling water
2 egg whites, beaten stiff

ORANGE LAYER CAKE

Use the recipe given above for Pineapple Cake, adding the grated rind of an orange to the mixture.

CREOLE CAKE

(Miss Wilbur)

1 cup sugar
2 eggs, beaten light
3 tablespoonfuls melted butter
2 ounces melted chocolate
½ cup milk
1⅓ cups flour
2½ teaspoonfuls baking powder
¼ teaspoonful salt
½ teaspoonful cinnamon

Gradually beat the sugar into the eggs; add the melted butter and chocolate, and alternately the milk and flour sifted again with the baking powder, salt, and cinnamon. Bake in a pan about 11 × 7

inches about twenty-five minutes. Cover with Creole Frosting (Page 98), and when this has hardened enough spread with melted unsweetened chocolate.

CHOCOLATE CAKE

(Miss Wilbur)

2 squares chocolate
2 egg yolks
½ cup milk
1 cup sugar
3 tablespoonfuls melted butter
½ cup milk
1½ cups flour
⅓ teaspoonful salt
1 teaspoonful soda

Melt the chocolate in a double boiler, add the yolks and milk, and stir and cook until smooth. Remove from the fire and add the other ingredients; beat until smooth. Bake in two layers. Put the layers together and cover the top with a boiled frosting flavored with vanilla.

NEWPORT CAKE

1 cup butter
1½ cups sifted pastry flour
1 level teaspoonful baking powder
5 egg yolks
1½ cups sifted powdered sugar
5 egg whites, beaten dry
1 tablespoonful brandy

Cream the butter; gradually beat into it the flour, sifted again with the baking powder. Beat the yolks until thick and lemon-colored, then gradually beat the sugar into them. Gradually beat the yolks and sugar into the butter and flour mixture. Lastly beat in the whites of the eggs and the brandy. Bake in a loaf one hour, in a sheet about forty-five minutes.

The heat of the oven should be moderate, especially at first. The cake is very fine-grained, tender, and delicate.

VELVET CAKE

½ cup butter
1½ cups sugar
4 egg yolks, beaten light
½ cup cold water
1⅓ cups flour
½ cup potato flour
2 teaspoonfuls baking powder
4 egg whites
Grated rind 1 lemon

Mix in the usual manner, bake in a tube pan or in two bread pans. Frost or not as desired.

CUP CAKE

½ cup butter
1 cup sugar
2 egg yolks
½ cup milk
1½ cups flour
2 teaspoonfuls baking powder
¼ teaspoonful mace
2 egg whites, beaten very light
Chocolate frosting
English walnut meats

Bake in a round pan 7 inches in diameter about forty minutes. Cover with chocolate frosting and at once press broken pieces of English walnut meats against the sides of the cake and outline the top close to the edge with a row of whole half-meats. For the frosting, use one cup of sugar, one fourth cup each of corn syrup and water, one ounce of chocolate and one egg white. Make a boiled frosting and return to the fire over boiling water to stiffen a little.

FIG CAKE

⅓ cup butter
1 cup sugar
2 eggs
½ cup milk

1½ cups flour
½ teaspoonful soda
1 slightly rounding teaspoonful cream of tartar
½ pound figs
¼ cup sugar

Mix the cake in the usual manner. Bake in two layer-cake pans. Cook the figs in boiling water until the water is absorbed and the figs tender. Chop fine and return to the fire with one fourth a cup of sugar and stir until boiling. Spread the cooked figs on one layer and immediately press the other upon the figs. Sift a little confectioner's sugar over the top or spread with an icing made of about a cup of sifted confectioner's sugar and one or two tablespoonfuls of lemon juice or boiling water. Finish with a row of halves of very small preserved figs set at uniform distances from each other and the edge of the cake.

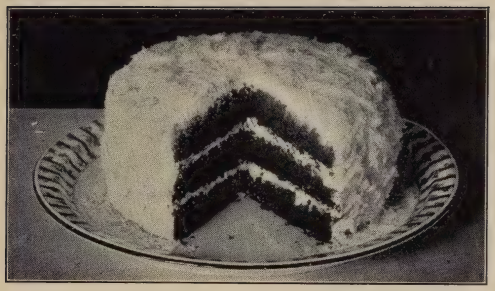
COCOANUT CHOCOLATE CAKE

Prepare the recipe for Divinity Fudge Cake. Bake in three layer-cake pans about fifteen minutes. Put the layers together and cover the whole cake with Cocoanut Frosting (Page 107).

MAPLE SYRUP CAKE

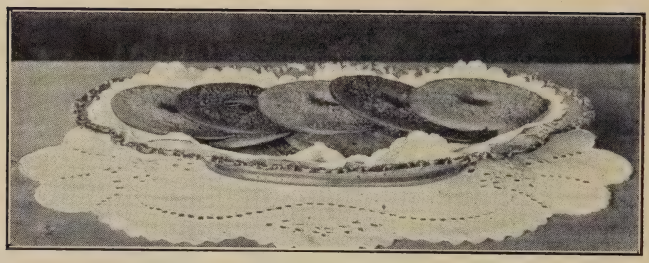
(F. L. McNitt)

½ cup butter
½ cup granulated sugar
2 eggs, well beaten
1 cup maple syrup
2½ cups flour
2 teaspoonfuls baking powder
¾ teaspoonful soda
½ teaspoonful ginger
½ cup hot water

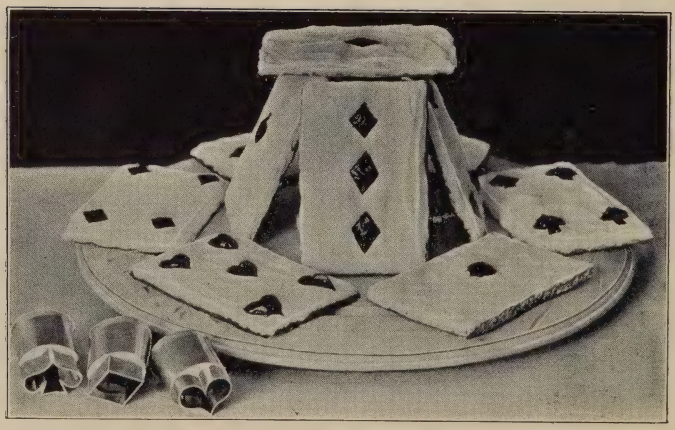


Cocoanut Chocolate Cake. — *Page 50.*

Genoese Cakes, Chocolate Fancies, and Croquins. — *Page 56.*



ORANGE JUMBLES. — *Page 64.*



CROQUIN CARDS, AND CUTTERS FOR CARD SYMBOLS. — *Page 67.*

Mix in the usual manner. Bake in a pan 11 × 7½ inches, about thirty-five minutes. Cover the inverted cake with Caramel Nut Frosting (Page 100) or with a plain boiled frosting into which broken nut meats are stirred.

PLAIN CHOCOLATE CAKE, WHITE ICING, AND NUTS

¼ cup butter
1 egg, beaten light
1½ cups sugar
3 ounces chocolate, melted
3 teaspoonfuls sugar
½ cup boiling water
1 cup milk
2 cups flour
3 teaspoonfuls baking powder
1 teaspoonful cinnamon
½ teaspoonful salt

Cream the butter, beat half the sugar into the butter, the other half into the egg, and beat the two together; beat in the melted chocolate; to the chocolate left in the dish add the three teaspoonfuls of sugar and the boiling water, and stir until smooth and boiling; let chill. Add the milk to the first mixture alternately with the flour sifted with the baking powder, cinnamon and salt, and beat in the cooled chocolate mixture. Bake in a papered and buttered pan 11 × 7½ inches, about thirty minutes. When cold, cover with a boiled icing and in it set halves of English walnut meats in such a manner that one will mark the center of each service.

GINGERBREAD

4 cups flour
2 teaspoonfuls soda
1 teaspoonful ginger
1 teaspoonful cinnamon

½ teaspoonful cloves
4 eggs, unbeaten
1 cup softened butter
1 cup sour milk
2 cups molasses

Sift together the flour, soda, ginger, cinnamon, and cloves, add the other ingredients, and mix all together thoroughly; beat well. Turn into two well-buttered bread pans. Bake about fifty minutes in a moderate oven.

SCOTCH GINGERBREAD

2 cups flour
½ cup granulated sugar
½ teaspoonful soda
1 teaspoonful baking powder
¾ teaspoonful cinnamon
½ teaspoonful mace or nutmeg
¼ teaspoonful salt
½ cup seeded raisins in pieces
½ cup preserved ginger, sliced thin
¼ cup blanched almonds, chopped
½ cup molasses
½ cup butter
2 eggs, beaten light

Sift together the dry ingredients. Add the fruit and nuts. Heat the molasses and butter to the boiling point and stir into the dry ingredients and fruit. Beat in the eggs. Bake in a loaf one hour; in a sheet, half an hour.

POPPY SEED CAKE

½ cup butter
1½ cups sugar
1 cup poppy seeds (fresh)
¾ cup milk
2 cups flour
3 teaspoonfuls baking powder
4 egg whites

Mix in the usual manner.

Soak the poppy seeds overnight in the milk, then add alternately with the flour and baking

powder. Great care must be taken in looking over the poppy seed to remove dust. Bake in two layers. Put the layers together when cold with the following filling, decorate the top with whipped cream, or serve the cream separately.

FILLING FOR POPPY SEED CAKE

¾ cup milk
4 egg yolks
½ cup sugar
¼ teaspoonful salt

Scald the milk; beat the yolks, add the sugar and salt, and stir and cook in the hot milk as boiled custard.

MRS. B.'S CAKE

½ cup butter
3 eggs, beaten without separating white and yolk
1½ cups sugar
3 cups flour
4 teaspoonfuls baking powder
¼ teaspoonful salt
1 cup milk

Beat one cup of sugar into the butter and half a cup into the eggs, beat the two mixtures together, and finish in the usual manner. Bake in a pan 11 × 8 inches, about half an hour. When nearly cold, spread with Gala Frosting (Page 104).

SCOTCH SHORT BREAD

Beat half a pound, or one cup, of butter to a cream; beat in one fourth a pound (half a cup) of coffee "A" sugar, then work in one pound (four cups) of pastry flour. If the flour be warmed, it may be worked in more easily. Form the mixture on the bread board into two flat, round cakes about seven

or eight inches in diameter and half an inch in thickness; decorate the edge by pressing the thumb upon it at regular intervals, or a knife or spoon handle may be used for this purpose; prick all over with a silver fork. Sprinkle the top with caraway "comfits" or make a design upon it with strips of preserved citron and halves of candied cherries. Set to bake for five minutes in a hot oven, finish baking in a cool oven. When baked the cake should be of a pale amber tint.

COOKIES AND VARIOUS SMALL CAKES

BABY BALTIMORE CAKES

¼ cup butter
½ cup sugar
4 egg yolks, beaten light
Grated rind 1 orange
¼ cup milk
1 cup flour less 2 tablespoonfuls
2 teaspoonfuls baking powder
6 macaroons
1½ cups sugar
½ cup boiling water
2 egg whites, beaten light
Rose color paste
½ teaspoonful vanilla extract
¼ teaspoonful almond extract
16 pistachio nuts

Cream the butter, beat in the sugar, yolks, orange rind, and alternately the milk and flour sifted with the baking powder. Bake in a lemon queen pan (plain cup-cake pan) from fifteen to twenty minutes. When baked the cakes should be of a golden color on all sides. The mixture makes fourteen cakes.

Dry the macaroons in the warming oven several hours or overnight, roll on a board, and sift. Make a boiled frosting of the sugar, water, and egg whites; tint with the color paste delicately and add the

flavoring. To the macaroon crumbs add enough of the frosting to make a filling that will spread easily. Cut each cake in three even slices, put these slices together again with the macaroon frosting between them. Cover the outside with the boiled frosting. Score it on the top with a knife and sprinkle it with the pistachio nuts chopped without blanching.

LORD BALTIMORE CAKE

Double the recipe for Baby Baltimore Cakes and bake in three layer-cake pans. Make a boiled frosting of one and one half cups of sugar, one half cup of water, and two egg whites. Add one half cup of macaroon crumbs, one half cup of nut meats, one third cup of cherries cut fine, one half teaspoonful each of orange and vanilla extract.

GOODWINS

Bake any choice white cake mixture in small timbale molds or tins that make small but rather deep cakes. When cooled, cut out a round from the center of the cakes to form little cases. Cut fresh marshmallows in quarters (use a pair of scissors dipped repeatedly in hot water); let them stand a short time in some of the liquid from a bottle of maraschino cherries; use these with two or three bits of cherry for each cake in filling the open centers in the little cakes. Put back the rounds of cake to close the cases; then dip each in melted fondant flavored with vanilla and orange extract.

Decorate the top with a slice of cherry. Whipped cream may be used in place of the marshmallows.

BELFAST CAKES

½ cup butter
1 cup brown sugar, sifted
1 cup raisins, chopped
1 egg, beaten light
1 cup sour milk or buttermilk
2 cups sifted Graham flour
1 teaspoonful soda
1 teaspoonful cinnamon
½ teaspoonful mace
½ teaspoonful cloves
¼ teaspoonful salt

Cream the butter, beat in the sugar, the raisins, and the egg; sift together the sifted Graham flour, soda, salt, and spices, and add to the first mixture alternately with the sour milk. Beat very thoroughly. Bake in a cup-cake pan (one dozen cups) or in a large sheet about half an hour. Cut out small rounds of paper for the cup pan or line the large pan with paper. Butter the papers and pans thoroughly. Let cool about four minutes, then remove from the tins.

GENOESE CAKES

½ cup butter
½ cup granulated sugar
½ cup eggs or
2 eggs and 1 yolk
1 tablespoonful milk
1 cup pastry flour
½ level teaspoonful baking powder
⅓ cup chopped almonds
¼ cup chopped citron

Cream the butter, gradually beat in the sugar, then beat in the unbeaten eggs, one after another, beating in each thoroughly before the next is added, add the milk and the flour sifted with the baking powder, and lastly the almonds and citron. Bake

in very small tins, cover the tops with fondant or Confectioner's Frosting (Page 97) and decorate with a bit of candied or maraschino cherry.

LEMON QUEENS

½ cup butter
1 cup sugar
4 egg yolks, beaten light
Grated rind 1 lemon
2 tablespoonfuls lemon juice
1¼ cups flour
¼ teaspoonful soda
4 egg whites, beaten light

Cream the butter, gradually beat in the sugar, the yolks, lemon rind, and juice; add the flour sifted with the soda, and the egg whites; beat very thoroughly. Bake in sixteen small tins in a moderate oven. Cover the top with a boiled frosting.

INGREDIENTS FOR BOILED FROSTING FOR LEMON QUEENS

¾ cup sugar
¼ cup boiling water
1 egg white, beaten light
⅓ teaspoonful vanilla extract

COCOA CHRISTMAS CAKES

½ cup butter
1 cup sugar
¼ cup cocoa
3 eggs, beaten light
1¼ cups flour
1 teaspoonful cinnamon
¼ teaspoonful clove
3 teaspoonfuls baking powder
½ cup water
1 cup dried currants
1 cup sliced citron
1 cup seeded, sliced raisins
½ cup nut meats, broken

Mix the cakes in the usual manner. Bake in from twelve to eighteen small tins. Cover with a boiled frosting. Decorate with small red candies and shapes cut from citron or angelica.

ORANGE PLUNKETS

1 cup butter
1 cup sugar
Grated rind 1 orange
6 egg yolks, beaten light
6 egg whites, beaten light
½ cup flour
⅔ cup potato flour
2 teaspoonfuls baking powder

Cream the butter with the orange rind and gradually beat in the sugar; beat the egg yolks and whites separately, very light, then beat the two together and beat into the first mixture alternately with the flour and baking powder. Bake in small tins about fifteen minutes. The recipe makes twenty-four cakes. It is easily divided.

HALLOWE'EN CAKES

½ cup butter
1 cup sugar
¾ cup nuts, chopped
2 eggs, beaten light
½ cup milk
1¾ cups flour
2½ teaspoonfuls baking powder
Almond paste, angelica, etc.

Mix the cake in the usual manner. Bake in small tins. Spread a round of Confectioner's Frosting (Page 97) on each cake and above this set a tiny pumpkin fashioned from almond paste, with a strip of angelica for a handle. To shape the pumpkins, make balls of paste, flatten the top and bottom, and crease the sides symmetrically with a wooden toothpick.

LITTLE CAKES IN PAPER CASES

Bake Pound or Bride's Cake in very small tins, or bake in a sheet and stamp out into very small shapes. In the illustration of cake cutters, a tin case filled

with cutters about an inch wide and long is shown. Cover with Confectioner's Frosting or fondant (Page 97), then pipe Plain Marshmallow Frosting (Page 101) above, decorating with bits of cherry or angelica. At serving, these cakes are set into paper cases such as are used for confectionery.

POUND CAKE FOR SMALL TINS

⅓ cup butter
½ cup sugar
2 egg yolks
½ tablespoonful milk
¾ cup flour
½ teaspoonful baking powder
¼ teaspoonful mace
2 egg whites, beaten light

This recipe is well adapted for baking in the small heart, club, and other shaped tins that are imported, a dozen shapes in a sheet. The mixture is rich and on melting in the oven spreads itself.

TEA ROOM CAKES

Bake any variety of cake in a sheet that when finished will give cake the thickness of an English muffin (about an inch and a half); cut the cake into rounds two and a half inches in diameter; cover these with a white frosting; at once sprinkle generously with shredded cocoanut, set into a quick oven to toast or delicately brown the cocoanut. Serve hot or cold.

MOLASSES HERMITS

⅓ cup butter
½ cup sugar
⅔ cup seeded raisins, chopped
1 whole egg and 1 yolk, beaten light
½ cup molasses

2 cups flour
¼ teaspoonful soda
¼ teaspoonful salt
¼ teaspoonful mace
½ teaspoonful cinnamon
½ teaspoonful ginger
⅓ teaspoonful clove

Cream the butter, gradually beat in the sugar, then the raisins, the eggs, and molasses. Sift together the flour, soda, salt, and spices, and stir into the first mixture; add more flour if needed to make a dough. Knead the dough slightly, roll into a sheet, cut into rounds, set in a buttered tin, dredge with granulated sugar, and bake until well browned below and above. The recipe makes thirty Hermits.

HERMITS

(Miss Latham)

1 cup seedless raisins
½ cup butter
1 cup brown sugar
1 teaspoonful milk
1 tablespoonful molasses
2 eggs, beaten light
2 cups flour
½ teaspoonful cinnamon
½ teaspoonful mace
2½ teaspoonfuls baking powder

Soak the raisins overnight, then drain and dry on a cloth. Cream the butter, beat in the sugar, milk, molasses, and eggs, add the raisins and the flour sifted with the spices and baking powder. Add more flour if needed. Drop from a spoon on a buttered tin. Bake in a moderate oven. If the dough spreads too much in baking, add more flour.

OATMEAL WAFERS

½ cup rolled oats
½ cup flour
1 tablespoonful sugar
¼ teaspoonful salt
2 tablespoonfuls butter
Hot water for dough

Mix the oats, flour, sugar, and salt, work in the butter with two knives or the finger tips, then add the water, a few drops at a time. Knead slightly, roll into a thin sheet, cut into rounds or squares. Bake to a delicate amber shade.

SMALL SOUVAROFF

½ cup butter
¼ cup sugar
1 egg yolk, beaten light
Grated rind ½ lemon or orange
1 cup flour

Mix as usual. Knead the dough slightly, then roll into a *thin* sheet (a magic cover is helpful); cut into small ovals, lift with a broad-bladed knife or spatula to a buttered baking sheet, and bake to a pale amber shade. Put two cakes together with fruit jelly between, spread the top with fondant or Confectioner's Frosting (Page 97) and decorate with half a cherry and two leaves cut from citron or angelica. The frosting for souvaroff is usually flavored with rum or kirsch, but any flavoring desired may be used.

LAXATIVE WAFERS

⅓ cup American petrofol (mineral oil)
¼ cup sugar
1¼ cups rolled oats, ground in food chopper
1¼ cups bran
1¾ cups pastry flour
1 teaspoonful baking powder
½ teaspoonful salt
⅓ cup water
1 egg white, beaten light

Beat the sugar into the oil, add the other ingredients and mix to a dough, adding more flour if

required. Knead slightly and roll into a thin sheet, cut into rounds, and bake in a quick oven to an amber color.

GERMAN CRISPS, POINSETTIA WAFERS, ETC.

½ cup butter
1 cup sugar
½ lemon, grated rind and juice
2 egg yolks, beaten light
1 egg white, beaten light
Flour for dough
Cherries, etc.
Granulated sugar

Mix in the usual manner. Take the dough on a magic cover a little at a time, knead slightly, and cut into shapes. Set the shapes in a buttered pan; brush over with the white of an egg, beaten slightly, decorate with strips of angelica, or citron, and candied or maraschino cherries, to represent a poinsettia. Dredge with granulated sugar. Bake to a delicate straw color. This is a most satisfactory mixture for little cakes. The cakes when cut and set into the baking pan may be decorated in an almost endless number of ways. Cut in diamonds, four halves of almonds meeting in the center are good; chopped pistachio nuts, with bits of cherry or small red candies, give a suitable decoration for the Christmas season. The small candies called hundreds and thousands can be used to simulate flowers of various kinds.

CORNFLAKE WAFERS

2 eggs, beaten light
1 cup sugar
2¾ cups cornflakes
1 cup chopped nuts

SPRINGERLE AND MOLD. — *Page 75.*

ALMOND BARS. — *Page 79.*

MELBA TARTS. — *Page 138.*

BERMUDA GINGER SNAPS, WITH CUTTERS. — *Page 82.*

Beat the sugar, cornflakes, and nuts into the beaten eggs. Butter inverted tins, shape the mixture on the tins, about a teaspoonful in a place. Bake about twenty minutes in a slow oven. Lift from the tins with a spatula. Mapleflakes may be used.

PECAN NUT MARGUERITES

2 eggs, beaten light
1 cup sifted brown sugar
1 tablespoonful melted butter
⅓ cup flour
¼ teaspoonful salt
¼ teaspoonful baking powder
1 cup pecan nut meats

Beat the sugar into the eggs, beat in the butter, flour sifted again with salt and baking powder, and nuts broken in pieces. Bake in a well-buttered marguerite tin five or six minutes. Marguerite tins come in a sheet (twelve tins) or individually.

SAND TARTS

1 cup butter
1½ cups sugar
3 eggs, beaten light
1 tablespoonful water
1 teaspoonful baking powder
Flour for dough
Sugar
Cinnamon

Cream the butter, beat in the sugar, eggs, water, and flour sifted with baking powder. Roll the dough very thin, cut in shapes, set in a buttered pan, sprinkle with sugar and cinnamon, and let bake in a quick oven about twelve minutes.

EVERYDAY COOKIES

½ cup butter
1 cup sugar
2 eggs, beaten light
1 tablespoonful cream

2½ cups flour
1½ teaspoonfuls baking powder
Grated rind 1 lemon
½ teaspoonful grated nutmeg

Mix in the usual manner, roll part at a time into a thin sheet, and cut; dredge with granulated sugar; bake in a quick oven.

OATMEAL COOKIES

½ cup butter
¾ cup sugar
½ cup raisins, seeded and cut fine
1 egg
2 tablespoonfuls sweet milk
1 cup oatmeal (raw)
1 cup flour
½ teaspoonful baking powder
½ teaspoonful cinnamon

Add the raisins to the creamed butter and sugar. The dough should be quite thick. Drop from a spoon on well-buttered tins in smooth rounds. Bake about fifteen minutes.

ORANGE AND CHOCOLATE JUMBLES

½ cup butter
Grated rind 1 orange
1 cup sugar
2 eggs, beaten light
2 tablespoonfuls orange juice
2½ cups flour
2 teaspoonfuls baking powder

Combine the ingredients in the usual manner. Mix all together thoroughly, then add flour as needed to make a dough. Knead slightly — a little at a time — and roll into a thin sheet; cut out with a doughnut cutter, lift to a buttered pan, brush over with white of egg, and sprinkle with tiny candies or red candies and chopped pistachio nuts. Bake to a light straw color. Melted chocolate may be added to some of the dough to secure cakes of two colors.

CARAWAY SEED JUMBLES

Beat half a cup of butter to a cream; gradually beat in one cup of sugar, one egg beaten light, one fourth a cup of milk, three cups of flour with four level teaspoonfuls of baking powder and two tablespoonfuls of caraway seeds. Mix to a firm dough; more flour may be needed. Roll into a thin sheet, cut out with a leaf cutter, dredge with granulated sugar, and bake in a quick oven.

ORANGE COCOANUT JUMBLES

½ cup butter
1 cup sugar
Grated rind 1 orange
1 egg, beaten light
⅓ cup orange juice
2½ cups flour
4 teaspoonfuls baking powder
Cocoanut and sugar

Mix in the order enumerated. More flour may be required. Roll into a thin sheet, cut into circles with a doughnut cutter; set these a little distance apart in buttered baking pans. Brush the top of each cake with slightly beaten egg white or cold water, cover with prepared cocoanut, and dredge with granulated sugar. Bake to a delicate color in a rather quick oven.

WAFER JUMBLES

½ cup butter
⅓ cup sugar
Grated rind 1 lemon
1 egg, beaten light
1¼ cups pastry flour

Mix in the order given and in the usual manner. Pipe the mixture with bag and large star tube (such as is used for mashed potatoes and whipped cream)

in a buttered baking sheet in the shape of the letter "S." Bake in a moderately quick oven. If the mixture be too stiff to bake without looking rough, add about one tablespoonful of milk or lemon juice — not both.

CHOCOLATE FONDANT BALLS

¼ cup butter
2 egg yolks
1 cup sugar
4 ounces chocolate
½ cup milk
1½ cups flour
2 teaspoonfuls baking powder
½ teaspoonful cinnamon
2 egg whites, beaten light

Cream the butter and beat the egg yolks, then beat half the sugar into the butter, the other half into the yolks, and beat the two together; add the chocolate melted over hot water and alternately the milk and flour sifted with the baking powder and cinnamon. Lastly beat in the egg whites. Bake in a pan $9\frac{1}{2} \times 5\frac{1}{2}$ inches about half an hour. With a small, deep, round cutter divide the cake into rounds, brush the cut surface with the white of an egg beaten with three tablespoonfuls of confectioner's sugar, and let stand until the next day. Cover with chocolate fondant and finish with a half cherry at the top.

CROQUINS

3 tablespoonfuls butter
¼ cup sugar
½ cup almond paste
4 egg yolks, beaten light
1 tablespoonful sweet milk
¼ cup chopped almonds
⅛ teaspoonful soda
¾ cup sifted flour
¼ teaspoonful salt

Beat the butter to a cream; beat in the sugar and the almond paste made fine on a lemon grater, the egg yolks and milk, the almonds, and lastly the soda and salt sifted with the flour. Set aside for two or three hours. Using as little flour as possible, roll into a sheet one third an inch in thickness, cut in strips $4 \times 1\frac{1}{2}$ inches. Bake in a moderate oven. Cover with Confectioner's Frosting or fondant and garnish with three rows of chopped pistachio nuts.

CROQUIN CARDS

Roll the croquin mixture into a sheet one third of an inch thick, and cut in pieces the shape and size of an ordinary playing card. Bake in a moderate oven to a straw color. Cover with fondant or Confectioner's Frosting. Garnish with figures cut from maraschino cherries to represent playing cards.

PEANUT BUTTER COOKIES

2 tablespoonfuls butter
½ cup peanut butter
1 cup sugar
1 egg, beaten light
⅓ cup milk
2 cups flour
4 teaspoonfuls baking powder
¼ teaspoonful salt

Cream the butter, add the peanut butter, and cream again; beat in the sugar; add the egg, the milk, and flour sifted with the baking powder and salt; mix to a dough, knead slightly, roll into a thin sheet, and cut into rounds, set into a buttered pan, dredge with granulated sugar, and bake in a quick oven. For a softer cookie, add a little more milk. More flour may be needed, but do not mix too stiff.

AFTERNOON TEA CAKES I

2 eggs, beaten light
1 cup sugar
¼ pound blanched almonds
2 ounces citron
Grated rind 1 lemon
¼ teaspoonful cloves
¼ teaspoonful grated nutmeg
¼ teaspoonful mace
½ teaspoonful cinnamon
¼ teaspoonful cream of tartar
1½ cups pastry flour (about)

To the beaten eggs, gradually beat in the sugar, then add the almonds and citron chopped exceedingly fine and the lemon rind; add the other ingredients sifted together, and stir to a stiff dough. Use more flour if needed. Roll into a thin sheet; cut in pieces three inches by one and a half inches, brush over with egg white, decorate with half an almond at each corner, dredge with granulated sugar, and bake. The cakes may also be cut in hearts or other shapes with tin cutters.

AFTERNOON TEA CAKES II

3 egg yolks, beaten light
¼ cup sugar
Grated rind ½ orange
1 tablespoonful orange juice
¼ cup sifted flour
½ teaspoonful baking powder

Gradually beat the sugar into the beaten egg yolks, beat in the orange rind and juice, then the flour and baking powder. Bake in small pans, an inch across the bottom and two inches across the top, or even smaller tins. Cover one side of the cake with fondant or Confectioner's Frosting, and at once decorate with tiny candies and bits of citron or angelica for leaves. Leaves resembling those of the lily of the valley or crocus are easily cut; tiny yellow

and lavender candies represent the blossom of the crocus, and white candies that of the lily of the valley.

PRINCESS FLAKES

Use the crackers called "Flakes," very similar to saltines without the salt. Split a marshmallow and dispose on each flake in a baking pan. Around or above the marshmallow set half a teaspoonful of fruit jelly (apple, currant, or the like); above the whole pipe meringue; dredge the meringue with granulated sugar and let cook nearly eight minutes in a very moderate oven. These are best when half way hot, but are good after being kept.

MERINGUE FOR PRINCESS FLAKES

Beat the whites of two eggs very light, gradually beat in four level tablespoonfuls of granulated sugar and half a teaspoonful of vanilla extract. The meringue will suffice for about two dozen flakes.

TRILBYS

1 cup butter
1 cup sugar
½ cup sweet milk
2 cups oatmeal
3 cups flour

Cream the butter, gradually beat in the sugar, then add the milk alternately with the oatmeal and flour and mix to a dough. An additional spoonful of milk or flour may be required to render the dough of a consistency to be rolled out easily. Roll into a very thin sheet; cut into rounds. Set half the rounds in an unbuttered baking pan; spread

with date filling to within one fourth an inch of the edge; brush over the edge of the paste with cold water; set the other rounds of paste over the filling and press the edges together closely. Let chill in the refrigerator half an hour. Brush the tops with cold water, dredge with granulated sugar. Bake till done.

DATE FILLING FOR TRILBYS

1½ pounds dates, chopped
1 cup sugar
1 cup boiling water

Cook all together to a thick paste, chill before using.

CHOCOLATE FANCIES

½ pound almond paste
⅔ cup sugar
3 egg whites, unbeaten
2 ounces chocolate, melted
Chopped pistachio nuts

Grate the paste on a lemon grater, gradually beat in the egg whites and the sugar, then the chocolate; when evenly blended set aside, covered, to chill. Shape in the hands into small balls of uniform size; roll the balls under the fingers, to lengthen them into pencil-shaped pieces, roll in the nuts, and bring the ends together to form a ring rather less than two inches wide. Lift with a spatula to a baking sheet and bake in a moderate oven.

BRAN COOKIES

½ teaspoonful soda
1 teaspoonful cinnamon
1 teaspoonful ginger
½ teaspoonful cloves

3 cups bran
½ cup sugar
½ cup molasses
½ cup milk
½ cup shortening

Sift the soda and spices into the bran and mix thoroughly; add the other ingredients, the shortening melted over hot water, and mix all together thoroughly. Drop from a spoon upon a buttered pan. Bake about fifteen minutes. The spices may be omitted.

COCOANUT PUFFS

(Ethel Dickinson)

2 eggs, beaten very light
1⅓ cups granulated sugar
1⅓ cups cocoanut
¼ teaspoonful vanilla

Beat one third cup of the sugar into the eggs, then fold in the rest of the sugar, the cocoanut (fresh or prepared), and the vanilla. Drop by spoonfuls on inverted tins, buttered; shape in smooth rounds. Let bake about ten minutes in a moderate oven.

MERINGUES

Beat the whites of four eggs dry, then gradually beat into them one cup and a half of granulated sugar. Fasten strips of paper on to hardwood boards an inch thick, and on these form the meringue mixture into round or oval shapes, dredge with granulated sugar (sliced or chopped almonds, blanched, may be added if desired); let bake in a cool oven nearly three fourths of an hour. Increase the heat for the last ten minutes to color the top of the meringues

delicately. Remove the papers from the boards and peel it from the meringues, or run a spatula between the paper and meringue. Return the meringues to the oven soft side up to stiffen the egg a little.

MERINGUES FOR CASES

Shape as many rings of meringue as there are rounds or ovals. Use a tin for a pattern on the paper and draw around it with a pencil that all the meringues be of the same shape and size, with rings to match. Bake as usual, remove from the boards, and at once press together the soft sides of the ovals or rounds and corresponding rings. These are used to hold sweetened and flavored cream beaten firm, ice cream or sherbet, fresh fruit, etc.

LADY FINGER MERINGUES

Shape the meringue mixture with two teaspoons on the paper-covered board in the shape and size of lady fingers. Sprinkle with fine-chopped nuts and dredge with granulated sugar. Bake as usual. Use in lining molds for charlotte russe or put two together with a very little whipped cream or jelly between and serve as cake.

LEBKUCHEN, OR BASIL HONEY CAKES

(56 Cakes)

2 cups honey (1 year old)
2¾ cups sugar
7 ounces almonds
7 ounces citron
7 ounces candied orange peel
1½ teaspoonfuls cardamon seed

1 teaspoonful salt
Grated rind 2 lemons
1 teaspoonful nutmeg
2 teaspoonfuls ground cloves
1⅔ ounces cinnamon
1 cup kirschwasser or cherry cordial
6 teaspoonfuls potash or
8 teaspoonfuls baking powder
2¾ pounds flour

Put the honey and sugar over the fire, stir until the sugar is melted. When the honey and sugar begin to simmer, add the almonds cut in small pieces and let cook five minutes. Remove from the fire and add the citron, sliced, the orange peel, grated or cut very fine, the cardamon seed, salt, and grated rind. If potash is used, add it dissolved in the cordial. Fruit juice may take the place of the cordial, but the cakes will not have the same flavor. If baking powder be used, sift it with the spices and flour into the other ingredients. More flour may be required; enough should be added to form a dough that does not stick to the hands in kneading. Roll the dough while still warm to a sheet one fourth an inch in thickness. Cut in pieces $3\frac{1}{2} \times 2\frac{1}{2}$ inches. Let stand overnight on a floured board. Next morning brush off excess of flour, dispose in a buttered baking pan close together (so they touch). Bake in a moderate oven. Cut apart and remove from the pan quickly (they harden quickly). Boil sugar and water till it threads and with it spread the cakes.

HONEY COOKIES

Cream half a cup of butter; beat in three fourths a cup of sugar, one egg and one yolk, beaten together,

half a cup of strained honey, the grated rind of a lemon and three cups of flour sifted with four teaspoonfuls of baking powder. More flour may be required. The dough should be firm enough to be easily handled. Knead slightly (a little at a time), roll into a thin sheet and cut into cakes. Set the shapes in a buttered pan; beat the white of an egg (left for the purpose) a little, and use it to brush over the cookies in the pan, then at once sprinkle on some fine-chopped, blanched almonds and dredge with granulated sugar. Bake in a moderate oven.

HONEY DROP CAKES

1½ cups honey
1 cup sugar
¼ pound shredded citron
½ pound fine-chopped almonds
1 teaspoonful cinnamon
½ teaspoonful salt
Flour for a soft dough

Drop the dough on buttered tins, shape in smooth rounds. Bake to a light brown. Bake one cake first and then add more flour if the dough spreads too much.

HONEY CAKES

1 cup honey
½ cup butter
⅓ cup almonds, cut in pieces
2¼ cups flour
Grated rind 1 lemon
½ teaspoonful ground cinnamon
¼ teaspoonful ground cloves
½ teaspoonful ground cardamon seed
2 teaspoonfuls baking powder

Cook the honey and butter together about five minutes, add all the other ingredients except the baking powder, and mix thoroughly. When cooled somewhat, sift in the baking powder and mix again.

Let stand overnight. Roll thin and cut into cakes three by two inches; set into baking pans, place a half almond in each corner, pointed end toward the center, and a piece of citron in the center. Bake to an amber color. These are very hard cakes but may be made soft by storing in a covered earthen jar with a damp cloth under the cover.

ALMOND CRESCENTS

½ pound almond paste (1 cup)
2 egg whites
1 cup sugar
Blanched and sliced almonds

Work the unbeaten white of an egg gradually into the paste; then beat in the sugar, and when thoroughly blended beat in the other unbeaten white of egg. Sift confectioner's sugar on to a board, and on it shape the mixture into crescents, then roll in the nuts. Bake on tins covered with paper. Use a slightly rounding teaspoonful for each crescent. To shape, roll into a ball in the hands, then lengthen this on the board under the fingers, pressing more firmly on the ends than the center. Use the chopped nuts, with or without powdered sugar, on the board when shaping the balls into crescents.

SPRINGERLE

1 tablespoonful butter
2 cups sugar
4 eggs
4 cups flour
¼ teaspoonful soda
Annis seed

Cream the butter and gradually beat in the sugar; add the unbeaten eggs one at a time, and beat with

the hand. Reserve a little of the flour for the board. Add the rest of the flour in which the soda has been sifted. Sprinkle the seed on the board, on these roll the dough to one fourth an inch in thickness. Stamp with the prints designed for the purpose, then cut apart. Let stand on a floured board overnight. Bake to a pale amber shade. Store in a dry place.

BROWNIES

- ⅓ cup butter
- ⅓ cup sugar
- ⅓ cup molasses
- 1 egg, well beaten
- 1 cup flour
- 1 cup nut meats, pecans or walnuts

Beat the butter to a cream; beat in the sugar, molasses, egg (beaten without separating the white and yolk), the flour and part of the nut meats, broken in pieces. Dispose in small well-buttered tins. (If brownie tins be used, it will take eighteen.) Set half a nut meat on the top of each cake. Bake in a rather moderate oven. No leavening agent is called for. The heating of the molasses in the mixture, together with the beaten egg, make the brownies light.

CHOCOLATE BROWNIES

- 1 cup sugar
- ¼ cup melted butter
- 1 egg, unbeaten
- 2 ounces chocolate, melted
- ¾ teaspoonful vanilla
- ½ cup flour
- ½ cup pecan nut meats, broken in pieces

Stir the sugar into the butter; add the egg, melted chocolate, vanilla, flour, and nuts in the order given.

Line a square, 7-inch pan with waxed paper. Spread the brownie mixture evenly in the pan and bake in a slow oven. When baked turn at once upon a wire cooler, remove the paper, and with a sharp knife cut the cake in strips an inch wide.

GAUFFRES

Melt two level tablespoonfuls of butter. Gradually beat in two thirds a cup of granulated sugar, then the beaten yolks of two eggs, half a teaspoonful of vanilla extract, two thirds a cup of pastry flour, and lastly the whites of two eggs, beaten dry. Beat all together very thoroughly. Have a gauffre iron moderately heated over the fire. Oil the surface very thoroughly. Put a teaspoonful of the mixture in the center of the iron, turn down the cover and when the mixture spreads to the edge of the hot plate clamp the handles together; turn to cook the other side. Trim off the wafer to the edge of the plates, remove to a clean paper, and roll at once while hot. This recipe will make from twenty-two to twenty-four gauffres. Gauffre irons consist of two round plates about three and one half inches in diameter, hinged together on one side; on the opposite side are long handles.

CHOCOLATE MACAROONS

Grate half a pound of almond paste (the paste may be purchased in tins holding one pound) on a lemon grater, in order to lighten it; add the un-

beaten white of one egg and beat it in thoroughly, then beat in one cup of granulated sugar, also two ounces of chocolate, melted over hot water, and lastly the unbeaten whites of two eggs, one at a time, and beat thoroughly. Spread paper on baking sheets, and on it, with two teaspoons, form rounds and lady finger shapes, a little distance apart. Dredge with granulated sugar. Bake in a moderate oven about fifteen minutes. Too long baking makes macaroons brittle.

BUTTER MACAROONS

1 cup butter
4 egg yolks, hard-cooked
1 cup granulated sugar
½ cup almonds, blanched and chopped
Grated rind 1 lemon
½ teaspoonful cinnamon
3 cups flour

Cream the butter, add the egg yolks, pressed through a sieve, and the other ingredients in the order enumerated. Mix all to a dough. Break off pieces the size of a hickory nut, roll these in the hands to a smooth ball, then pat down into a round the shape of a finished macaroon, brush over with white of egg, beaten slightly, dredge with granulated sugar, and bake to an amber shade. The recipe makes sixty macaroons.

MACAROONS WITH FONDANT, CHERRIES, ETC.

When using fondant and a little is "left over", drop a round upon the bottom of macaroon sponge

drops or other small cakes, press it out nearly to the edge and finish with half a cherry or nut meat.

FIG BARS

Use any recipe for cookies; roll the dough thin and cut in long, narrow cakes; after the baking pan is filled with shapes, spread each not quite to the edge with cooked fig paste; brush the edge of each with cold water and set a second shape above it, pressing the two close together on the edge; brush over with beaten white of egg, dredge with granulated sugar, and bake about ten minutes. Lift from the tins with a spatula.

FIG PASTE FOR FIG BARS

Cook half a pound of figs in boiling water to cover until the skins are tender and the water is mostly evaporated; add one fourth a cup of sugar and let cook a few minutes longer; chop fine, let cool, and use as above.

ALMOND BARS

½ cup butter
⅓ cup sugar
3 egg yolks, beaten light
Grated rind 1 lemon
2 tablespoonfuls milk
1½ cups flour
3 egg whites, beaten very light
1 cup sugar
1½ cups almonds, blanched and chopped

Cream the butter, beat in the sugar, lemon rind, egg yolks, milk, and flour. Knead slightly, adding a little more flour if necessary. Divide into two or three pieces, according to the size of the tins; roll

one piece into a sheet to fit the pan, — a rectangular pan is best, — trim if needed, and fold under the edges to make a case three fourths an inch deep. Flute the edge as for a custard pie. Gradually beat the sugar into the egg whites and fold in the almonds. Spread this mixture evenly over the cake mixture in the pans. It should come to the top of the fluted edge. Dredge with granulated sugar and bake in a moderate oven. When cooled a little, remove from the tins and cut in strips about an inch and a half wide.

DROP GINGER COOKIES

½ cup butter
1 cup sugar
¾ cup Porto Rico molasses
2 eggs, well beaten
1 cup buttermilk or sour milk
3 cups flour
2 teaspoonfuls soda
½ teaspoonful salt
2 teaspoonfuls ginger
1 teaspoonful cinnamon

Mix in the usual manner. Drop by spoonfuls on buttered tins. Bake in a quick oven. The dough will spread in cooking. If the cakes run together, cut apart and lift from the tin with a spatula.

GINGERBREAD CARDS

6 cups flour
1 cup sugar
1 teaspoonful cinnamon
1 tablespoonful ginger
½ teaspoonful cloves
1 teaspoonful soda
½ cup butter, softened
1 cup molasses
½ cup sour milk

Sift together the flour, sugar, soda, and spices; with two knives work in the butter, softened but not melted; add the molasses and sour milk and mix to

a dough; knead slightly and roll into a thin sheet to fit baking pans. With a sharp knife score in both directions to make cakes size of a post card. Bake in a medium oven. Cover with confectioner's sugar mixed to a thin paste with milk. Cut through the previous lines and lift the cakes from the tin with a spatula. The dough will fill three tins 14 × 10 inches.

OUT OF THE ORDINARY GINGER CAKES

1 quart best molasses
1 cup brown sugar
1 pound butter
1 pint preserved ginger, chopped
1 cup syrup from ginger jar
3 quarts flour
1 tablespoonful yellow ginger

Boil the molasses and sugar twenty minutes, stirring occasionally lest they burn. Add the butter, ginger, and syrup, and pour into the flour sifted (again) with the ginger; work into a dough and roll into a thin sheet; cut into rounds and bake till crisp and brown. The cakes will be tough if too much flour is used, and as flour differs so much, it would be well to cut down the quantity of flour and add it later on if needed.

GINGER CHIPS

1 cup butter
½ pound brown sugar
Grated peel 1 lemon
Juice ½ lemon
2 cups best molasses
4 cups flour
½ teaspoonful powdered cloves
1 teaspoonful cinnamon
1 tablespoonful ground ginger
1 teaspoonful soda
More flour as needed

Mix in the usual manner, using flour to make a dough. Roll very thin, cut into narrow strips about one inch wide and three or four inches long. Bake in a moderate oven ten minutes; pack carefully in air-tight boxes.

BERMUDA GINGER SNAPS

1 cup butter
1 cup brown sugar
1 cup molasses
Grated rind 1 orange
1 egg, beaten light
1 tablespoonful yellow ginger
¼ teaspoonful salt
1 teaspoonful soda
Flour for dough

Boil the butter, sugar, and molasses six minutes after boiling begins. When cooled to lukewarm, add the orange rind, egg, and flour sifted with the ginger, salt, and soda (crushed and sifted). Roll the dough into a thin sheet. Cut out one shape and bake it; if the mixture spreads in the least while baking, add a tablespoonful of water and mix thoroughly; add more flour if needed and roll again. Cut as desired; bake to a delicate brown. The dough is easily handled.

POTATO DOUGHNUTS

4½ cups sifted pastry flour
4 teaspoonfuls baking powder
1 teaspoonful salt
⅓ teaspoonful mace
½ teaspoonful soda
3 eggs, beaten light
1 cup granulated sugar
3 tablespoonfuls melted butter
1 cup mashed potato
¾ cup sour milk or buttermilk

Sift together all the dry ingredients; to the eggs add the sugar, butter, mashed potato, and sour milk,

and mix all together, then stir into the dry ingredients. Take a little of the dough on a floured board, knead slightly, pat and roll into a thin sheet, cut in rounds, and fry in hot Crisco; drain on soft paper.

BERLIN DOUGHNUTS

⅔ cake compressed yeast
1 cup scalded and cooled milk
2 eggs, beaten light
⅓ cup sugar
½ teaspoonful salt
¼ cup butter, melted
About 4 cups bread flour

Crumble the yeast into the cooled milk, stir until well mixed, then add the other ingredients, and mix to a soft dough. Knead ten or fifteen minutes; cover and set aside out of drafts overnight. In the morning, turn upside down on a floured board, roll into a thin sheet, and cut into rounds; let stand until doubled in bulk; fry in deep fat, turning often. These doughnuts require longer cooking than those made with baking powder or cream of tartar and soda. When cold, reheat in the oven and roll in confectioner's sugar.

FRIED PIES FOR SHROVE TUESDAY

Roll dough for Berlin Doughnuts exceedingly thin, lift the dough and return to the board, then cut in rounds. Set a spoonful of jam, jelly, preserves, or marmalade on one half the rounds; brush the edge with cold water and press other rounds over the filling close upon the edge of the first rounds; when light, fry in deep fat.

CRULLERS

1½ cakes compressed yeast
¼ cup lukewarm water
1 cup scalded and cooled milk
1¾ cups bread flour (about)
1 teaspoonful salt
⅓ cup melted shortening
2 eggs, beaten light
1 cup sugar
½ teaspoonful mace or nutmeg
Bread flour for soft dough (about 3½ cups)

Crumble the yeast into the water, mix and add to the milk; then stir in the first quantity of flour (more may be needed); beat until smooth, cover and let stand until light; add the other ingredients and mix to a dough; knead until smooth and elastic and set aside in a bowl, brushed over on the inside with butter, until doubled in bulk. Turn upon a board dredged with flour and roll into a sheet about half an inch thick; cut into strips about three fourths an inch wide; twist these and shape like the figure 8. Let stand until light (less than half an hour), then fry in deep fat. The fat should not be as hot as when frying doughnuts made with baking powder or similar agents, as they require longer cooking. For these, a crumb of bread should take seventy seconds to brown.

CHOU PASTE FOR CREAM CAKES AND ÉCLAIRS I

(Cooking School Recipe. To use for all cakes but fritters)

½ cup butter
1 cup boiling water
1 cup flour
3 large eggs

CHOU PASTE FOR SMALL CAKES AND ÉCLAIRS II

(Particularly for Melba and St. Honoré Cakes)

½ cup butter
½ cup boiling water
1 cup flour
5 eggs

CHOU PASTE FOR SOUFFLÉ FRITTERS III

¼ cup butter
½ cup and 2 tablespoonfuls water
1¼ cups flour
4 eggs

MIXING CHOU PASTE

Let the butter and water boil in a saucepan; move the saucepan back, then quickly sift in the flour, and quickly stir to a smooth paste that leaves the sides of the saucepan. Turn the paste at once into a bowl, break in one egg and beat it into the mixture thoroughly; when the paste is smooth, beat in another egg, and so continue until all the eggs are added. Vigorous beating throughout the whole time is essential. The finished paste should be warm, light, and soft, but not soft enough to run; it should hold its shape when set into the baking pan with teaspoons or pastry bag and tube.

ÉCLAIRS

Shape the paste on a buttered baking sheet in strips about four inches long and one inch wide. Bake in an oven hot on the bottom about twenty-five minutes. Chou paste is baked when it feels light on being lifted in the hand; it often slides on the pan when baked. Open at one side and insert

a teaspoonful of English Cream. Cover the smooth side with a chocolate frosting, fondant, or confectioner's frosting.

ENGLISH CREAM FOR ÉCLAIRS, CREAM PIE, ETC.

2 cups milk
½ cup flour
½ cup sugar
¼ teaspoonful salt
2 eggs or 4 yolks
¼ cup sugar
½ teaspoonful vanilla or orange extract

Scald the milk in a double boiler; sift together several times the flour, sugar, and salt; dilute with a little of the hot milk; mix thoroughly, then stir into the rest of the hot milk; continue to stir until the mixture thickens, then cover and let cook ten minutes. Beat the eggs; beat in the sugar and stir into the hot mixture; stir and cook three or four minutes or until the egg is "set." When cooled somewhat, add the flavoring and use.

BOSTON CREAM CAKES

Shape the chou paste on a buttered sheet in round balls, rough on the surface and about two inches in diameter. Brush over the outside with beaten egg and bake as éclairs. When baked and cold, open on one side and fill with English Cream or sweetened whipped cream. Sift confectioner's sugar on the top of the cakes.

CREAM CAKES, GALA STYLE

Drop chou paste by the teaspoonful on a buttered baking sheet. Bake about twenty minutes. Beat

one cup of heavy cream, one fourth a cup of sugar, and half a teaspoonful of vanilla until firm. When the cakes are cold, open them on one side, and fill the hollow centers with the cream mixture, letting it show on the open side. Set a little bar-le-duc currant preserve (or currant jelly beaten a little) on the top of each cake and sprinkle with a few fine-chopped pistachio nuts.

CREAM CAKES, WITH CHOCOLATE SAUCE

These cakes are sometimes called Boston Cream Puffs. Fill either with sweetened and flavored whipped cream or with English Cream filling. Serve with hot or cold chocolate sauce.

CHRISTMAS ÉCLAIRS

Fill the éclairs with whipped or custard filling. Cover with white frosting and decorate at once with red berries and leaves cut from angelica or citron.

BOSTON CREAM PUFFS, WITH STRAWBERRIES

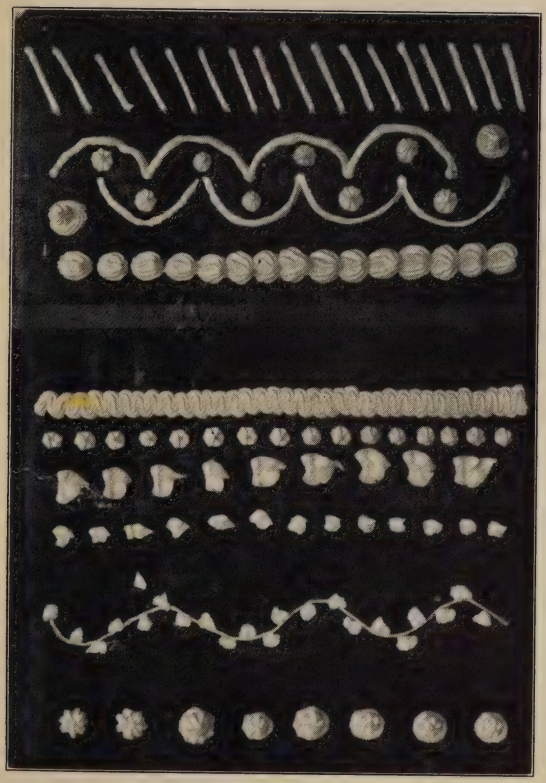
With a teaspoon shape chou paste on buttered tins in rounds. Bake in an oven with strongest heat on the bottom. The puffs will bake in about twenty-five minutes. When done, a puff will feel very light taken up in the hand. The sides should be browned a little as well as the top. If, after removal from the oven, the puff "settles" it was not baked enough. When cold, split on one side and fill with English Cream (custard) or with sweetened,

whipped cream. Set on individual plates and dispose at one side a large spoonful of Sunshine strawberries or fresh strawberries, sugared. Sift confectioner's sugar over the tops of the puffs.

Puffs may be filled with English Cream as soon as cold, but should not be filled with whipped cream until just before serving.

SMALL CREAM CAKES

Chou paste mixture may be shaped in rounds less than an inch in diameter. When cold, dip these in melted fondant variously tinted, then sprinkle with chopped pistachio nuts or browned almonds. A filling of English Cream is used occasionally, but the smallest-sized ones are unfilled.



PIPING ORNAMENTAL FROSTING BY AMATEUR, WITH PLAIN, STAR, AND LEAF TUBES. — *Page 89.*

Apple Pie, Flaky Pastry in Upper Crust. — *Page 113.*

Rhubarb Pie with Meringue. — *Page 126.*

CHAPTER II

CAKE FROSTINGS

In the decorating of cakes there is much latitude for the exercise of the imagination. To one who has acquired facility in the use of a pastry bag and tube there is no limit to the variety in style of garniture which may be attempted. This is especially true of those who can use a pen easily or are at all adept in free-hand drawing. As one works new ideas will be evolved; for instance, when using a tube with round end, pressing out a generous supply of icing at a certain angle, then pressing out more while changing the angle and drawing the icing to a small point will produce a fair representation of a dove, if a wing be added to each side with a leaf tube. So also a reclining lamb, bow-knots, or a bunch of flowers with leaves and a mass of stems may be fashioned on a cake in a few moments of time. The main requisite is an icing that is free from grains, runs smoothly, and holds in perfection each line of the tubes. To avoid the formation of a crust the icing left in the bowl while piping is going on should be kept covered with a

damp cloth. Of course this cloth must not touch the icing.

Candied fruits, rose petals, violets, citron, angelica, and small candies are valuable aids in cake decoration. In the use of these articles good taste in combinations and neatness of work are essentials.

UNCOOKED ICINGS

Uncooked frostings are made from confectioner's or XXXX sugar. The sugar should be sifted before use. The sugar may be mixed with cream, milk, fruit juice, syrup, honey, coffee (decoction or extract), or butter. Any frosting left over may be set aside, covered, and used weeks afterwards, just as it is, or by adding more sugar or liquid, or both.

BOILED ICING

There are many varieties of boiled icings; some are similar to fudge; but in referring to boiled icing one usually has in mind sugar melted in water, and boiled to a rather firm "soft-ball" state (about 240° F. on the sugar thermometer), then beaten very slowly into very light-beaten white of egg. One need have no fear of failure with these frostings, if the few simple details of the process be followed. If the syrup be boiled too long, by beating in a few drops of boiling water, lemon juice, or syrup (several times if necessary) the frosting will be in good condition. Or, if the boiling was not continued long enough and the frosting runs, set the bowl

over the fire in a dish of boiling water and beat the liquid constantly until some of the moisture has evaporated.

THE TECHNIQUE OF BOILED ICING

Sugar has a tendency to crystallize; if one crystal forms, others collect about it and the frosting from such syrup can not be smooth. To obviate this tendency, we sometimes add acid in some form as cream of tartar, lemon juice, acetic acid, glucose, cornstarch, chocolate; all these are useful in this respect; but if the grains of sugar be washed down and the syrup covered for the first few minutes and left undisturbed till the right degree is reached, nothing need be added to the sugar and water. To wash down the saucepan, wet the tips of the fingers repeatedly in cold water and brush the pan just above the syrup. This may be done with a cloth fastened to a fork, but the fingers tell whether or not the grains are present. After this washing cover the saucepan and let the syrup boil rapidly four or five minutes; the steam will melt any crystals that the washing has overlooked. Put in the thermometer carefully, and let boil to 238° or 240° F. A few trials will decide the exact degree needed on *your* thermometer. If you have no thermometer and test by dropping a little syrup in cold water, the syrup is boiled enough when it may be gathered into a rather firm "soft-ball." If you test by dropping the syrup from a spoon,

take one not previously used in the syrup and if a hair spins from a heavy drop of syrup on the end of the spoon, the syrup is boiled enough. After a few trials you can tell when the proper degree is reached by the looks of the syrup in the saucepan.

PROPORTIONS OF INGREDIENTS

The quantity of water taken is immaterial; there must be enough to melt the sugar; the larger the quantity, the sooner the sugar melts, but the longer is the time required for boiling. Water to equal one fourth to one half the quantity of sugar is a good rule. Three fourths a cup of sugar to each egg white is the general or basic rule. One cup of sugar to one egg white and also to two egg whites is common in practice. With two egg whites there is more bulk of icing, but it is lighter and less sweet.

THICK FLUFFY ICING

At the present time there is a demand for very light fluffy icing that may be piled high on a cake. For beating many of the icings of this variety an electric beater is used, and the syrup is added very slowly. One cup of sugar to two egg whites is needed for such frostings. Sometimes melted marshmallows are added to the frosting at the last moment and the whole beaten until cold.

FLUFFY CHOCOLATE ICING

In making a chocolate frosting of this variety, the melted chocolate is beaten into the frosting

after the addition of all the syrup. If the chocolate be added to the sugar and water either before or after it has been boiled to the proper degree (about 240° F.), the icing will not be light and fluffy; it may be an exceptionally good icing, taste quite as good as the more fluffy variety, and keep moist longer, but it will harden more slowly and can not be applied to the cake as quickly as when the chocolate is added after the icing is practically finished.

FONDANT FOR ICING

Fondant (used either as center or coating for many choice candies) makes a particularly smooth and good tasting icing. As fondant may be kept for weeks (carefully covered in a bowl), is easily applied, and sets quickly, it is convenient for emergencies. Fondant may be made of granulated sugar, brown sugar, maple sugar, or maple syrup either alone or in combination. When using it, flavors and tints may be added.

HOW TO MAKE FONDANT

Sugar and water are taken in larger quantity than for icing, and in about the same proportions. The boiling of the syrup is the same as for icing. With care in removing grains of sugar, nothing need be added to lessen the liability to crystallization. Probably the working of the fondant will be more easily carried out, if the boiling be arrested at about 236 or 238° F. instead of 240° F.

Always keep in mind that jarring or moving of the syrup tends to the formation of crystals.

As soon as the sugar is dissolved, set the saucepan where it can remain until the cooking is completed. Set down and take off the cover, and insert the thermometer as gently as possible.

Have ready a marble slab or a large platter; by setting the latter on a wire cake cooler or a flatiron rest that a current of air may pass beneath it, the work is facilitated. Gently pour the syrup on the platter. Do not let the last of the syrup drip from the saucepan.

When the syrup is cold, or when you can make a dent in the top of it, scrape it back and forth with a wooden spatula or a tool such as is used by paper hangers in removing paper from a wall; scrape the edges toward the center, that all the mass may be worked uniformly; continue this until it begins to thicken and become white. Quickly scrape all into the center and knead with the hands into a compact mass. This work must be done quickly, as the fondant soon hardens. Wring a cloth dry out of cold water and lay it over the mass, pressing it in carefully around the edge. Let stand half an hour or longer, when the whole should be soft and pliable. Cut off in pieces, knead each until smooth, then press into an earthen or glass receptacle; tie a damp cloth over the top of the dish; tie a heavy dry cloth over the damp one and set aside.

HOW TO USE FONDANT FOR ICING

Take out in a double boiler such portion of the fondant as is required, add melted chocolate if desired, also about a teaspoonful of boiling water or sugar syrup; and beat the mixture while it is melting; the beating must be continued constantly, or part of the fondant will turn to syrup. When the icing is of the right consistency to use, pour it over the cake to be covered (which should be cold). Small cakes may be dipped in it, or the frosting may be applied with a spoon. The work must be done quickly, as the icing sets quickly and edges can not be joined to make an even surface. The quantity of syrup or hot water to be added varies from time to time. More is needed, if the syrup was boiled to a pretty high degree, 240° F. In melting the fondant, the water should not necessarily boil beneath it, and it certainly should not boil during the dipping. If the icing seems too thin, beat in a little more fondant. Chocolate thickens fondant, and its use calls for additional syrup or boiling water. Caramel syrup is good for thinning fondant to which chocolate is to be added.

FLAVORING ICING

Extracts are volatile and it is of little use to add them to a cake mixture; they are lost in the baking. Add them to frostings just before putting them in place on the cake. Vanilla alone is good; vanilla and almond, and vanilla and orange are good combinations.

SUGGESTIONS ON ICING CAKES

Often the side next the pan, the bottom of the cake, presents the smoother surface and should be selected as the side to frost.

Small cakes cut from a sheet of cake should be glazed the day before frosting. To make the glaze, stir a few spoonfuls of sifted confectioner's sugar into the white of an egg, slightly beaten; that is, make a *very thin* frosting, brush over the cut sides of the cakes with the frosting, and let them stand on a cake cooler to stiffen.

To ice a cake for decorating with bag and tube or with designs in fruit, nuts, etc., set the cake on an inverted soup plate on a clean pastry board. Pour the icing on to the middle of the top of the cake and at once spread it, with a silver-plated knife wet repeatedly in boiling water, over the top of the cake, turning it smoothly over the edges; add more sugar to the frosting and put it by spoonfuls against the sides of the cake and spread with the knife upward and downward till smooth. Turn the dish on which the cake rests rather than the cake. The frosting that runs from the cake may be lifted to the bowl and used again.

USE OF BAG AND TUBE IN APPLYING FROSTING, PIPING CREAM, ETC.

Drop the tube in place; roll outward the upper part of the bag so as to put the mixture just above

the tube without smearing the sides of the bag. Fill the bag about one third full. With the right hand carefully twist the bag above the mixture, guide the tube with the left hand, and force out the mixture by continuing the twisting, at the same time using pressure, with the right hand. To form a star, hold the bag in vertical position and press out a sufficient quantity of the mixture. Separate the tube from the material by pressing the tube downward slightly and raising it quickly. For other designs hold the bag at other angles, between the vertical and a horizontal position.

RECIPES

CONFECTIONER'S FROSTING

¼ cup liquid, water, fruit juice, cream, or milk
1¼ cups sifted confectioner's sugar (about)
¼ teaspoonful vanilla or other flavoring

Mix and use, adding a few drops more liquid or a little more sugar as is needed to make a mixture that will remain in place. If hot liquid be used, the frosting will thicken more on cooling.

CONFECTIONER'S FROSTING WITH SYRUP

¼ cup granulated sugar
¼ cup boiling water
1 cup sifted confectioner's sugar (about)
¼ teaspoonful vanilla or other flavoring

Melt the sugar in the water, cover, and let boil two minutes; stir in the other ingredients, adding a few drops of water or a little more sugar, as is needed.

CONFECTIONER'S CHOCOLATE FROSTING I

2 squares chocolate, melted
¼ cup granulated sugar
½ cup boiling water
½ teaspoonful vanilla
2¼ cups confectioner's sugar

Add the sugar and water to the melted chocolate and stir until smooth and boiling; beat in the sugar and vanilla, adding a few drops more water or a little more sugar, as is needed.

CONFECTIONER'S CHOCOLATE FROSTING II

1 square (ounce) chocolate, melted
2 tablespoonfuls granulated sugar
3 tablespoonfuls boiling water
Confectioner's sugar
½ teaspoonful vanilla extract

Make as above.

CONFECTIONER'S CHOCOLATE MARSHMALLOW FROSTING

Same as "Confectioner's Frosting with Syrup", beating in fifteen marshmallows to the chocolate syrup before adding the sugar.

ICING FOR ANGEL FOOD CAKE

Use Confectioner's Frosting made with less sugar than for an ordinary cake, or pour over the cake when cold a thin fondant.

CREOLE FROSTING

1 generous cup granulated sugar
1 scant cup brown sugar
⅓ cup boiling water
2 egg whites, beaten stiff
½ teaspoonful vanilla extract
4 ounces chocolate, melted

Melt the sugar in the boiling water, wash down, cover, and let boil three or four minutes; uncover and let boil to 240° F., then pour gradually on to the egg whites, beating constantly meanwhile. Add flavoring. Spread over the cake and when firm pour over the melted chocolate.

COFFEE COCOA FROSTING

2 tablespoonfuls butter
3 tablespoonfuls strong, boiling hot coffee
3 tablespoonfuls cocoa
1 cup confectioner's sugar

Melt the butter and cocoa in the coffee and stir in the sugar. Use at once. If more coffee is needed, add it a drop at a time.

MOCHA FROSTING

1 cup butter
2½ cups sifted confectioner's sugar
Coffee extract to tint and flavor as desired

Cream the butter; beat in the sugar and lastly the extract, drop by drop. *Very* strong boiled coffee may be used in place of the extract.

VANILLA BUTTER FROSTING

This is the same as Mocha Frosting, substituting vanilla extract for the coffee. Vanilla Butter Frosting is often tinted a delicate pink or green with vegetable color pastes.

CHOCOLATE MOCHA FROSTING

1 cup butter
2½ cups confectioner's sugar
1–2 ounces chocolate, melted
Mocha extract to taste, 3–4 tablespoonfuls

Cream the butter and beat in the other ingredients.

CARAMEL MOCHA FROSTING

Beat into the above four or more tablespoonfuls of thick caramel syrup.

CARAMEL CONFECTIONER'S FROSTING

Stir one fourth cup of granulated sugar to caramel; add one fourth a cup of boiling water, cover, and let stand to dissolve; stir in about one cup of sifted confectioner's sugar.

CARAMEL FROSTING

¾ cup sugar
⅓ cup water
2 tablespoonfuls caramel syrup
1 egg white
1 teaspoonful vanilla

Boil as for fondant, and beat into white of egg, beaten dry.

CARAMEL NUT FROSTING

¼ cup sugar caramelized
¼ cup water
1 cup sugar
¼ cup water
2 whites of eggs, beaten dry
¾ cup pecan meats, broken in pieces

CHOCOLATE MARSHMALLOW ICING

(Teresa Shea)

¼ pound marshmallows
¼ cup butter
3 squares (ounces) chocolate
3 cups sifted confectioner's sugar
4 tablespoonfuls strong coffee
1 teaspoonful vanilla

Cut the marshmallows in three pieces each, and set them on the hot cake. Let stand until the cake

is cold. Melt the butter and chocolate over boiling water; add the sugar, coffee, and vanilla and beat until creamy, then spread over the marshmallows and cake.

MARSHMALLOW FROSTING I

Cook one cup and a half of brown sugar, one fourth a cup each of butter and boiling water until it forms a soft ball when tested in cold water. Melt half a pound of marshmallows over boiling water; add to the first mixture and beat until thick enough to spread over the cake. Just before spreading, add half a teaspoonful of vanilla.

MARSHMALLOW FROSTING II

2 cups granulated sugar
½ cup boiling water
4 egg whites, beaten light
½ pound marshmallows
1 teaspoonful vanilla extract
½ teaspoonful orange extract

Boil the sugar and water in the usual manner to 240° F. Pour in a fine stream on the beaten whites, beating constantly meanwhile. Beat occasionally until nearly cold; add the marshmallows, cut in four pieces each, and the extract; mix all together and use.

PLAIN MARSHMALLOW FROSTING

1 cup granulated sugar
¼ cup boiling water
1 egg white, beaten light
12 marshmallows
½ teaspoonful vanilla

Make an ordinary boiled frosting, boiling to 240° F. Add the marshmallows to the hot frosting

and continue beating until the marshmallows are melted and the frosting is very light.

FLUFFY CHOCOLATE MARSHMALLOW FROSTING

2 cups granulated sugar
½ cup boiling water
4 egg whites, beaten
3–4 ounces chocolate, melted
½ pound fresh marshmallows
1 teaspoonful vanilla extract

Make a boiled frosting in the usual manner; after the syrup has been beaten into the whites, beat in the melted chocolate; when cool and nearly ready to spread, fold in the marshmallows cut in four pieces each, and the vanilla.

FLUFFY CARAMEL ICING

1½ cups granulated sugar
½ cup sugar cooked to caramel
½ cup water
4 egg whites

Pour the water over the sugar cooked to caramel, and stir until the caramel is melted; add the cup and a half of sugar, stir until melted, cover, and let boil two or three minutes; uncover and let boil to 240° F. on the sugar thermometer, then pour in a fine stream on the whites of the eggs, beaten dry, beating constantly meanwhile. Beat occasionally until cool enough to spread.

GOOD CHOCOLATE FROSTING

2 ounces chocolate
1½ cups sugar
½ cup milk or water
2 egg whites
½ teaspoonful vanilla

Melt the chocolate over hot water; add three tablespoonfuls each of the sugar and milk and stir

and cook until smooth; add the rest of the sugar and liquid and cook to 238° F. As the starch in the chocolate breaks the grain of the sugar, the frosting may be scraped from the bottom of the pan occasionally to keep it from burning. Pour in a fine stream on the egg whites, beaten very light, beating constantly meanwhile; add the vanilla. This does not always stiffen at first, but may be lifted with a silver-plated knife and returned to the sides of the cake.

MAPLE NUT FROSTING

1¼ cups maple syrup
2 tablespoonfuls red-label Karo (corn syrup)
2 egg whites, beaten very light
½ cup nut meats

Boil the syrup to 240° F. and finish as all boiled frostings.

COFFEE MARSHMALLOW ICING

30 marshmallows
4 tablespoonfuls strong black coffee
1 cup confectioner's sugar

Heat the marshmallows in a double boiler; when hot and soft add the coffee and sugar, and beat until firm enough to spread.

SOFT CHOCOLATE FUDGE FROSTING

Melt two ounces of chocolate over hot water; add two cups of sugar and one cup of milk, and stir while the sugar gradually melts. When the boiling point is about reached, beat vigorously

and let cook to the soft-ball stage, about 236° F. Remove from the fire, add a teaspoonful of butter, and let stand until cold, then beat until creamy and spread on the cake.

DIVINITY FROSTING

2 cups sugar
½ cup Karo or corn syrup
½ cup water
2 egg whites, beaten very light
1 cup pecan nut meats
¼ teaspoonful salt
4 figs cut in pieces

Use granulated, brown, or maple sugar or a mixture of these; add the corn syrup and water and boil to 240° F. (sugar thermometer) or to soft-ball stage. Pour the syrup on the egg whites, beating constantly meanwhile, and continue to beat until the mixture holds its shape; then add the nuts and figs, the salt and flavoring to suit the taste.

GALA FROSTING

4 tablespoonfuls molasses
2 cups granulated sugar
½ cup boiling water
2 egg whites, beaten very light

Prepare as all boiled frosting. Return the frosting to the saucepan, set it over boiling water or on an asbestos mat over a slack fire, and beat constantly, keeping the frosting moving from the bottom and sides of the pan, until the mixture thickens perceptibly, then spread over the surface of the cake. Do not try to make the frosting smooth, but leave it a little rough.

ORNAMENTAL ICING

(Uncooked)

Whites of 4 eggs
1 pound confectioner's sugar
¼ teaspoonful cream of tartar or
1 tablespoonful lemon juice

Beat the whites of the eggs with one fourth a cup of sugar three or four minutes, then continue to add the same quantity of sugar, beating the same length of time, until half of the sugar has been used. Add a few drops of the lemon juice occasionally and continue adding the sugar until a knife pressed down into the frosting makes a "clean cut" that will not close again. This may now be used to cover a cake, but the ordinary Confectioner's Frosting without egg will keep moist longer and is preferable. Add sugar until the frosting will flow in a continuous stream and hold the shape of the tubes. Do not forget that beating makes this frosting tough, an essential thing in a frosting to be piped.

ORNAMENTAL FROSTING

(Cooked)

Dissolve one cup of granulated sugar in one fourth a cup of boiling water. Wash down grains of sugar, cover and let boil four minutes, uncover and boil to 240° F. by the sugar thermometer, or to a rather firm "soft ball." Pour in a fine stream on the whites of two eggs beaten very light, beating constantly meanwhile. The icing should be thickened

by considerable beating; use as soon as it is cool. If when cold and well beaten the frosting does not show the lines of the tubes and the flow can not be cut off sharply, return it to the fire in a small saucepan, either on an asbestos mat or over boiling water, and stir constantly while it thickens a little more. After cooking in this way great care must be exercised that no sugared portions are put into the bag to clog the tubes.

BOILED ORNAMENTAL FROSTING I

1 cup sugar
½ cup boiling water
1 white of egg
½ teaspoonful lemon juice

Prepare in the usual manner, boiling the syrup to 238° F. by the sugar thermometer, or to a firm soft-ball stage. Pour the syrup through a sieve on the beaten white of egg. Add the syrup very slowly, that the frosting may be made very thick by long beating. Beat in the lemon juice very slowly, at the last.

BOILED ORNAMENTAL FROSTING II

1 cup sugar
½ cup boiling water
¼ teaspoonful cream of tartar
2 egg whites

Melt the sugar in the water, stirring meanwhile over a very slack fire. Heat to the boiling point, wash down the inside of the saucepan with tips of fingers wet repeatedly in cold water. Cover, and let boil four minutes. Uncover, add the cream of tartar and let boil rapidly and undisturbed to 240° F. on

the sugar thermometer. Have the egg whites beaten stiff but not dry; slowly beat in three or four tablespoonfuls of the syrup; return the syrup to the fire to reheat, beating the egg and syrup constantly meanwhile; when the syrup again boils, pour it in a fine stream on the egg mixture, beating constantly meanwhile until all has been added. Return the frosting to the fire in a double boiler over boiling water and gently fold it over and over until it stiffens somewhat. Remove from the fire and fold over and over until cool enough to "hold its shape." A double boiler that is wide rather than deep is the best utensil to use in steaming the frosting. For twice the recipe a chafing dish is well adapted to this purpose.

COCOANUT FROSTING

2 cups sugar
½ cup boiling water
4 egg whites
½ pound cocoanut

Add half of cocoanut to frosting while hot and sprinkle the rest over the cake when the frosting is in place.

ALMOND ICING

4 ounces almond paste
2 yolks of eggs
Powdered sugar

This icing is used to keep cake from discoloring a white icing, also to furnish a smooth surface, free of crumbs, to ice.

Work the paste and yolks of eggs to a smooth paste; dredge the board with powdered sugar,

and knead the mixture slightly and roll into a sheet. Cut this as is desired to make a covering to fit the cake. Press the edges of the paste together, and the paste itself upon the cake, to avoid air spaces or places where air can enter. When ready to ice the cake, spread the icing over the nut covering.

CHOCOLATE FILLING I

(For Cream Pie, Cream Puffs, etc.)

1 or 2 ounces chocolate
2 tablespoonfuls sugar
1 cup double cream

Melt the chocolate, add the sugar and two tablespoonfuls of the cream, and stir until smooth and boiling; add to the rest of the cream and let chill thoroughly, then beat until firm.

CHOCOLATE FILLING II

1½ cups hot milk
½ cup cold milk
½ cup flour
2 eggs
¼ teaspoonful salt
¾ cup sugar
½ teaspoonful vanilla

Mix the flour and salt with the cold milk and stir into the hot milk; continue stirring until the mixture thickens, then cover and let cook fifteen minutes. Beat the yolks of the eggs, add the sugar and beat again, then stir into the hot mixture; continue to cook until the egg is "set", then fold in the egg whites, beaten dry; when the white is "set", remove from the fire and beat occasionally until cold, then add the vanilla.

COFFEE FILLING FOR CAKE

1 cup brown sugar
¼ cup strong coffee
¼ cup cream
1 tablespoonful butter

Stir the sugar, coffee, and cream until the sugar is melted, wash down the sides of the saucepan, cover, and let boil three minutes; uncover, and let boil to the soft-ball stage, add the butter, and beat until of the proper consistency.

MARSHMALLOW FILLING

1½ cups brown sugar
¼ cup butter
¼ cup boiling water
¾ pound marshmallows
½ teaspoonful vanilla

Cook the sugar, butter, and water to the soft-ball degree. Melt the marshmallows over boiling water; add to the first mixture and beat until thick enough to spread, then beat in the vanilla and use.

FRUIT-AND-NUT FILLING FOR CHRISTMAS CAKES

Chop fine half a pound of figs, a cup of seeded raisins, and half a cup of nut meats; add one fourth a cup of boiling water and one fourth a cup of sugar and stir and cook until smooth.

CHAPTER III

PASTRY

At the present time, we hear much said of French pastry. The term is made to include all sorts of large and small cakes, shortcakes, éclairs, tarts, and both large and individual pies. Probably this use of the term pastry has arisen from the fact that all these dishes are prepared by the pastry cook. In this book the use of the term pastry is restricted to a mixture of flour, shortening, and some liquid, which is shaped with a rolling pin and often partially mixed by rolling and folding.

- **Pastry**
  - Plain — Shortening mixed into the flour with two knives or the tips of the fingers.
  - Puff — Shortening worked into a paste of flour and water by folding and rolling.
  - Flaky — Shortening mixed into the flour by a combination of the first two methods.
  - Sweet — Shortening and egg yolk cut into flour and sugar and the whole mixed with water and lemon juice and finally folded and rolled.

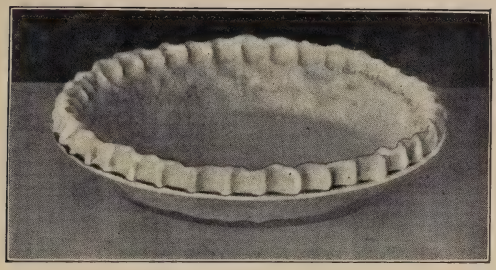


Plate Lined with Pastry for Pumpkin Pie.
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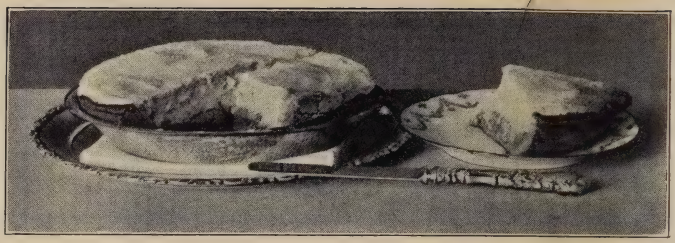
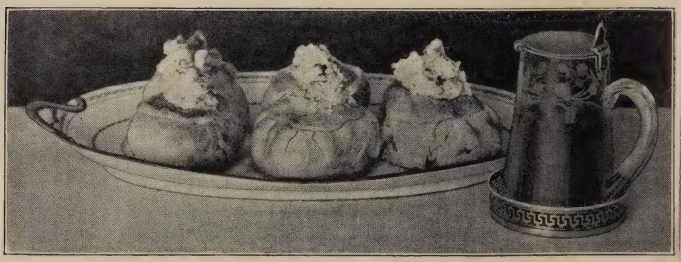
Peach Tarts, Flower Fashion. — *Page 133.*

Peach Tart. — *Page 128.*



MINCE PIE WITH APPLE MERINGUE. — *Page 125.*

VOL-AU-VENT OF APRICOTS. — *Page 132.*



APPLE DUMPLINGS. — *Page 132.*

Pastry to be called good must be well baked, tender, and flaky; that it be well baked, the oven should be heated properly before the pastry is set into it; that the pastry be tender, let shortening ather than water moisten the flour. Use water o hold the flour and shortening together. The lakiness of the pastry depends largely on the manner n which the ingredients are manipulated; great skill in this matter comes largely by practice.

MATERIALS, UTENSILS, AND CONDITIONS FOR PASTRY MAKING

Pastry flour, one that absorbs the minimum of moisture, is of the first importance; any fresh, sweet shortening may be used; butter of good quality gives a well-flavored paste, but except for puff paste other shortenings give quite as satisfactory results as regards texture and tenderness. The water used should be cold but not necessarily iced.

Formerly a marble slab was considered almost a necessity when pastry, especially puff pastry, was to be rolled, but the slab gathers moisture when in use and is not to be compared with what is known as a "magic cover." A magic cover consists of about three fourths of a yard of sailcloth or canvas which may be laid down on a table, and a stockinet cover that is pulled over the rolling pin. For use these should be very lightly dredged with flour. When through using them, shake out the flour and hang in a clean, dry place. The cover for the pin

hugs the pin more closely when new, or just after having been washed; if used with care, the canvas needs to be washed but seldom. To wash, use a small vegetable brush and plenty of water without soap. The rolling pin should be of wood with revolving rather than solid ends. The mixing bowl should be of earthenware. A spatula and flour dredger are helpful but not absolutely necessary.

A clear, dry, cold air is a first condition for successful pastry making. In hot weather the shortening is apt to penetrate the flour too thoroughly and dense pastry is the result. In summer, pastry may be made in the early morning, before an open window, especially if the air blows across the pastry on the canvas.

Pastry is made light by the expansion of air during its baking; the air is inclosed during the combining of the ingredients. In puff paste the air is held between the layers of paste produced by repeatedly folding the paste. Puff paste, in which the greatest amount of expansion possible is desired, is always chilled before being set into the hot oven.

PLAIN PASTRY

(1 large pie, to serve 6)

1½ cups flour
½ teaspoonful salt
½ teaspoonful baking powder
⅓ cup shortening
½ cup cold water (about)

Sift together the flour, baking powder, and salt. With two knives cut in the shortening, then add

the water gradually while mixing the ingredients, with a knife, to a paste that cleans the bowl.

FLAKY PASTRY

Plain paste as above, with two to three tablespoonfuls of shortening. Turn the paste upon a lightly floured board, turn it, with the knife, in the flour to coat it slightly, knead into shape and roll into a rectangular sheet. Any shortening may be used; except in summer butter should be creamed before using. Set part of the shortening on half the paste, in little bits, some distance apart, and fold the other half of the paste over the shortening; set other bits on half of this paste and fold the unshortened paste over the shortening; pat with the rolling pin, then roll into a thin sheet; fold three times, turn half way round and again roll into a sheet; fold three times and roll out as desired.

PLAIN AND FLAKY PASTRY FOR SAME PIE

Prepare the plain pastry as above, use half of this for the under crust of a pie; then use the rest in making flaky pastry for the upper crust. In adding shortening remember that the full weight used must not exceed the weight of the flour, and is preferably a little less.

FANCY PASTRY

(For Squash or Pumpkin Pies or little pies of any kind)

Sift together one cup and one fourth of pastry flour, one fourth a teaspoonful each of salt and bak-

ing powder, and two tablespoonfuls of sugar; with two knives or the tips of the fingers work in half a cup of butter or other shortening. Add an unbeaten yolk of egg; mix the juice of one lemon with one and a half tablespoonfuls of water, and with the knife work the liquid gradually into the egg and flour mixture. Turn upon a board dredged with flour; turn the dough in the flour, then pat and roll into a rectangular sheet; fold the dough to make three layers and roll again into a thin sheet; repeat the folding and rolling two or three times, then roll very thin and use to line pie plates.

PUFF PASTE

(1) Keep the hands or a wooden spoon and a mixing bowl for some minutes in very hot and then in very cold water.

(2) Use the above to work and wash half a pound (one cup) of butter in very cold water until pliable and smooth, pat into a rectangular shape rather less than three eighths of an inch thick, fold in a cloth and set in a cool place.

(3) Work half a pound (two cups) of flour and half a teaspoonful of salt with cold water to a dough, knead until elastic; cover with mixing bowl and let stand five minutes.

(4) Pat and roll into a rectangular sheet rather more than twice the width and three times the length of the prepared butter.

(5) Lay the butter lengthwise in the center of one side of the paste, fold the other side of the paste over the butter, and press the edges together. The butter is now enclosed. Fold one end of the paste over and the other end of the paste under the inclosed butter, evenly, and press the edges together all around.

(6) Turn the paste half way around that it may be rolled in a direction opposite to the first rolling; pat with the pin and roll out, keeping the layers even.

(7) Fold the paste to make three layers, turn half way around, and again roll out.

Rolling the paste, folding in three layers, and turning half way round is called one turn. The pastry should be given six turns. The first rolling with butter is the first turn.

KEEPING PASTRY

Any variety of pastry will keep uncooked, a day or two in summer, a week in winter, if set aside, covered close, in a cool place. If baked by itself, without a filling, cooked pastry will keep a week or longer. Before serving reheat with care and it will present the crispness of fresh-baked pastry. Pastry with filling should be eaten on the day of making.

TO PUT TOGETHER A PIE WITH TWO CRUSTS

First, prepare the filling, keeping the pastry meanwhile in the refrigerator. Roll the paste to about

the size of the plate, lay it over the plate, and press it close to the plate throughout the bottom, but without stretching the paste in the least; trim down to one fourth an inch beyond the plate. Roll out the paste for the upper crust; make slits in the center. Put the filling in place, add all seasoning needed, brush the edge of the paste with cold water, set the upper paste in place; trim the edge even with the lower edge, brush the two edges together with cold water. If desired the top may be brushed with cold water and dredged with sugar. Set into an oven hot on the bottom, and reduce the heat as the pie bakes.

TO LINE A PLATE FOR A SQUASH OR CUSTARD PIE

Lay the pastry over the plate and trim it off an inch from the edge of the plate all around. Turn the paste backward all around to meet the plate, thus making a double thickness of paste. Using the thumb and forefinger of both hands, flute the edge of paste and press it firmly near the edge of the plate, on the inside. When laying the pastry over the plate at first and when turning it backwards, lift it where needed to let out air between the paste and plate.

TO PREPARE A PASTRY SHELL

Pastry shells are used for both large and individual pies. Roll the paste as for any pie, lay over

the inverted plate, trim the paste to the edge of the plate or tins; prick all over with a fork, that the paste may not puff unevenly; set the plate or small tins to be used on a baking sheet, to keep the edge of the paste from direct contact with the floor of the oven. Bake until done, from five to ten minutes. Remove from the plate and set inside a clean plate of the same shape and size. This is not essential with individual pies, which hold up less weight than a large pie.

TO SHAPE SMALL PIECES OF PUFF OR OTHER PASTE

Dip the cutter in hot water each time before use. If two or more pieces are to be set together for height, brush over the lower one with cold water before setting the upper one in place.

TO GLAZE PASTRY

Brush over the pastry when ready for the oven with cold water, then dredge with granulated sugar. Cream cakes are often brushed with beaten egg yolk mixed with milk before baking.

BAKING PASTRY

All pastry should be set to bake in an oven of strong heat on the bottom. With pies, this insures the baking of the under crust before it is penetrated by the liquid of the filling. With puff paste the strong underheat expands the chilled air between

the layers and lifts up the paste. Puff paste one fourth an inch thick should rise to two inches in height. After paste has begun to brown on the bottom lower the heat, and in the case of pastry without filling lift on an asbestos mat. Protect the top of pastry when needed with paper. When baking custard or other pies containing eggs, lower the heat before the filling boils.

TIME OF BAKING

Fruit pies will bake in about thirty minutes, mince pies in forty-five minutes. Squash, pumpkin, and custard pies are baked when the center feels firm to the touch; the time of removal from the oven is obvious to any one at all conversant with the baking of a custard.

BAKING OF MERINGUE FOR PIES, ETC.

Cool the article to be covered with the meringue, spread or pipe the meringue in place, dredge with granulated sugar, and set to cook in a very moderate oven. The meringue should not take on any color until after it has been in the oven eight to ten minutes; then increase the heat and color the top to a delicate amber shade. A well-cooked meringue will not shrink perceptibly on cooling.

RECIPES

APPLE, PEACH, AND BERRY PIES

Full directions for putting a pie together are given under, "To Put Together a Pie with Two

Crusts" (Page 115). The quantity of fruit or berries and of sugar will depend on the size of the plate. For a pint of filling, take about a cup of sugar, half a teaspoonful of salt, and a tablespoonful of butter in little bits. For an apple or peach pie pour one or two tablespoonfuls of water over the fruit in the plate. For a berry pie, sprinkle on two or three tablespoonfuls of flour. Or the flour may be mixed evenly through the sugar. A blueberry pie is improved by the juice of half a lemon; half a teaspoonful of nutmeg or mace is an appropriate seasoning for an apple pie. A pie plate with a wide rim is especially good for berry pies. Do not press the paste firmly upon the edge of the plate. If lifted a little, the pieces, when cut, can be taken from the plate much more readily.

RAISIN PIE

1 cup raisins (seeded)
1 cup boiling water
2 tablespoonfuls flour
1 cup sugar
2 eggs
½ teaspoonful salt
½ lemon, grated rind and juice

Cook the raisins in the boiling water until tender. Mix the flour with half of the sugar and stir into the raisins; continue to stir until the mixture thickens. Beat the eggs, beat in the rest of the sugar and the salt, add the lemon, and stir into the raisin mixture; let cool a little, then bake with two crusts.

FILLING FOR PUMPKIN PIE I

2 eggs, beaten light
2 cups strained pumpkin
¾ cup granulated sugar
¾ teaspoonful salt
1 cup cream
½ cup milk
¼ cup orange marmalade, chopped fine

Mix all the ingredients together and turn into a large, deep plate lined with pastry and with a fluted edge built up around the plate.

FILLING FOR PUMPKIN PIE II

1½ cups dry, sifted pumpkin
½ teaspoonful salt
½ teaspoonful mace
1 teaspoonful ginger
¾ cup honey
1 egg and 1 yolk, well beaten
1 cup milk
¼ cup cream

FILLING FOR PUMPKIN PIE III

1 egg and 1 yolk
1 cup sugar
⅓ cup molasses
1½ cups pumpkin
½ teaspoonful salt
1 tablespoonful yellow ginger
1 cup cream
½ cup milk
4 tablespoonfuls fine-chopped preserved ginger, sifted

PUMPKIN PIE IN CUPS

A somewhat lighter form of pie may be had and will suit those who are especially fond of the filling, if the mixture be poured into individual custard cups and a rim of pastry be put around the top. When cold, garnish with whipped cream put through the pastry bag.

CREAM RHUBARB PIE

2 tablespoonfuls cornstarch
1 cup sugar
½ teaspoonful salt
1 cup boiling water

Grated rind 1 orange or 1 lemon
1 cup rhubarb, fine-chopped
1 tablespoonful butter
3 egg yolks, beaten light
3 egg whites, beaten light
½ cup granulated sugar

Sift together the cornstarch, sugar, and salt, pour on the boiling water and stir constantly over the fire until boiling; add the grated rind, rhubarb, butter, and beaten yolks; mix thoroughly and turn into a plate lined with pastry as for a custard pie; let bake about twenty-five minutes, then cool a little. Beat the egg whites very light, gradually beat in the sugar, and spread over the top of the pie; dredge with granulated sugar and let bake in a very moderate oven about twenty minutes, coloring the meringue at the last a little. Baked for this length of time, the meringue will not shrink from the edge of the pie nor settle appreciably.

MINCEMEAT

4 pounds cooked beef, chopped
1 pound sugar
1 quart molasses
3 pounds large raisins
2 pounds suet, chopped fine
By measure twice as much chopped apple as beef
2 pounds currants
½ pound citron, cut fine
2 tablespoonfuls salt
1 tablespoonful cinnamon
1 tablespoonful mace
½ tablespoonful clove
1 nutmeg, grated
3 lemons, grated rind and juice
1 quart cider

Do not chop the apples in a food chopper. Let the meat cool in the liquid in which it was cooked. Use the broth to moisten the mixture. Orange juice and grated rind improve the mixture. Add also left-over jellies or preserves or syrup from sweet pickles.

VEGETABLE MINCE PIE

4 quarts green tomatoes
2 pounds brown sugar
1 pound seeded raisins
½ pound citron, cut fine
½ cup butter
½ cup vinegar
1 tablespoonful salt
1 tablespoonful cinnamon
1 tablespoonful nutmeg
1 teaspoonful ground cloves

Chop the tomatoes fine, drain, cover with cold water and let boil until tender (about half an hour), drain in a colander; turn the dry tomatoes into a saucepan, add all the ingredients but the spices, and let cook until quite thick; add the spices and use as any mincemeat. The mixture will keep some weeks stored in an earthen jar.

SWEET POTATO PIE

1½ cups cooked sweet potato, riced
3 tablespoonfuls butter
1¼ cups sugar
½ teaspoonful cinnamon
½ teaspoonful salt
¼ teaspoonful mace
3 egg yolks, beaten light
3 egg whites, beaten very light
2 cups milk
¼ cup cream

Mix in the order enumerated, bake in a large pie plate lined with pastry until firm in the center.

FILLING FOR PINEAPPLE PIE

1 can grated pineapple
6 tablespoonfuls cornstarch
½ teaspoonful salt
1 cup granulated sugar
2 tablespoonfuls butter
½ lemon, grated rind and juice

Scald the pineapple in a double boiler; sift together the cornstarch, salt, and sugar, and stir into the hot pineapple; stir and cook until the mixture thickens, cover and let cook about twenty

minutes; add the butter and lemon; mix and use. Roll pastry into a long strip and cut into bands half an inch wide; set these over the filling, lattice fashion, dredge with granulated sugar, and let bake until an amber color. Serve partially cooled.

FILLING FOR SQUASH PIE

1½ cups cooked and strained squash
¾ cup sugar
1 egg, well beaten
⅓ cup cracker crumbs
½ teaspoonful salt
¼ teaspoonful mace
¼ teaspoonful nutmeg
1 cup milk
½ cup cream

BANANA PIE

Press enough peeled bananas through a vegetable ricer to fill a cup. To this add half a cup of sugar, two tablespoonfuls of molasses, half a teaspoonful of salt, one beaten egg, one half a teaspoonful of cinnamon, half a cup of milk, and one third a cup of cream. Mix thoroughly, and bake until firm in a plate lined with pastry.

CREAM FIG PIE

¾ pound figs
Juice of 1 lemon
½ cup sugar
¼ teaspoonful salt

Cook the figs and chop fine; add the other ingredients with half a cup of the water in which the figs were cooked and let simmer till of a good consistency. Bake pastry over an inverted pie plate (tin), first pricking it well to avoid blistering, then remove from plate to a serving plate, fill with the

cold fig mixture, and pipe whipped cream above. The filling may also be baked in a plate lined with pastry. After baking, cover with a meringue made of two egg whites and four tablespoonfuls of sugar.

FILLING FOR FIG PIE

½ pound figs
¼ pound raisins
½ cup sugar
2 tablespoonfuls butter
½ teaspoonful salt
1 egg, beaten light

Cook the figs and raisins in boiling water until soft; chop, add the other ingredients, and bake between two crusts. The grated rind and juice of half a lemon may be added.

LEMON SPONGE PIE

3 tablespoonfuls butter
1½ cups sugar
3 egg yolks, beaten light
1½ lemons, juice and grated rind — if desired
3 rounding tablespoonfuls flour
½ cup milk
½ teaspoonful salt scant
1 cup milk
3 egg whites, beaten dry

Beat the butter to a cream; beat part of the sugar into the butter, the rest into the yolks, then beat the two together, and add the lemon juice. Mix the flour and salt with the half cup of milk; add to the first ingredients, then add the cup of milk, and the whites of eggs. Fold in the eggs, turn into a large agate plate lined with pastry, as for a custard pie. Bake from thirty to forty minutes.

CHOCOLATE PIE

2 cups milk
¼ cup cornstarch
½ cup sugar
½ teaspoonful salt

St. Honoré Cake, Bavarian Cream. — *Page 139.*

Strawberry Tart. — *Page 129.*

Caramel Custard. — *Page 145.*

Boiled Custard with Snow Eggs. — *Page 143.*

2 squares chocolate, melted
3 egg yolks
¼ cup sugar
3 egg whites
⅓ cup sugar
½ teaspoonful vanilla

Scald the milk over hot water; sift together the cornstarch, sugar, and salt and stir into the hot milk; continue stirring until smooth and thick; cover and let cook fifteen minutes; add the melted chocolate; beat the yolks, add the one fourth a cup of sugar and beat into the mixture; beat until the egg is cooked; turn into a pastry shell, baked over an inverted plate, then set inside the plate. Beat the egg whites very light; beat in the sugar and vanilla and spread over the pie. Let cook in a very moderate oven twelve minutes, then increase the heat to tint the meringue a pale amber shade. The pie may be made with two eggs instead of three.

MINCE PIE, WITH APPLE MERINGUE

Bake a mince pie, prepared in the usual manner, having the upper crust of puff or flaky pastry and rolled out rather thin. Shortly before serving, spread over the pie an apple meringue and set the pie into a very moderate oven to cook the meringue. After ten or twelve minutes, increase the heat to color the meringue delicately. Serve the pie soon after removal from the oven.

APPLE MERINGUE

Peel and grate one large tart apple, adding to the pulp, meanwhile, a tablespoonful of lemon juice

and a cup of sugar. Beat the whites of two eggs dry, then gradually beat in the sugar and apple and use as indicated above. The meringue may also be cooked in a small buttered mold, set in a dish of hot water, and served hot, with cream and sugar or a cold boiled custard.

RHUBARB PIE WITH MERINGUE

Cut the rhubarb stalks in slices, cover with boiling water, set over a quick fire and bring to the boiling point; drain at once, pressing out all the water. To two cups of rhubarb add the beaten yolks of two eggs, one cup and a fourth of sugar mixed with half a teaspoonful of salt, and three tablespoonfuls flour; add also a grating of orange or lemon rind and a teaspoonful of butter in bits. Turn into a plate lined with pastry. Brush the edge of the paste with cold water, set narrow bands of paste across the top of the pie, and a band completely around the pie on the edge. Let bake about half an hour. Beat the whites of the two eggs stiff; gradually beat in four level tablespoonfuls of granulated sugar; pipe the mixture on the top of the pie, chilled a little, between the bands of pastry; dredge with granulated sugar and let bake in a very moderate oven about twelve minutes.

BLUEBERRY PIE WITH MERINGUE

2 egg yolks
1 tablespoonful lemon juice
2 cups canned berries (scant)
1 cup sugar (scant)
2 tablespoonfuls flour
¼ teaspoonful salt

Beat the yolks; stir in the lemon juice and berries. Sift together the sugar, flour, and salt and stir into the blueberry mixture. Turn into a plate lined with pastry as for a custard pie. Bake about twenty-five minutes or until the mixture is "set." When cooled a little, spread a meringue over the top and return to the oven to cook the meringue. The time of cooking will depend on the thickness of the meringue. With two whites of eggs, cook about ten minutes. To make the meringue, beat the whites dry, then beat in as many rounding tablespoonfuls of sugar as there are whites of eggs.

LITTLE LEMON PIES, WITH MERINGUE

Beat half a cup of butter to a cream; gradually beat in one cup of sugar, then the beaten yolks of three eggs and the juice of one lemon; lastly, beat in the white of one egg beaten light but not dry. Bake in small tins lined with pastry. When cooled a little, cover with a meringue made by beating the whites of two eggs dry, then gradually beating in one fourth a cup of granulated sugar. Bake the meringue in a very moderate oven. Dredge the top of the meringue with granulated sugar before baking.

LITTLE LEMON PIES, LESS EXPENSIVE

Stir a rounding tablespoonful of cornstarch with cold water to a smooth consistency, pour on one cup of boiling water and stir until the whole is

boiling; add half a cup of sugar, then cover, and let cook fifteen minutes. Beat two yolks of eggs; gradually beat in half a cup of sugar and a fourth a teaspoonful of salt, then stir into the hot mixture; let cook until the mixture is light and puffy, then beat in a teaspoonful of butter and the juice of one lemon and use to fill pastry cases; *i.e.*, flaky pastry baked over inverted patty pans. Cover the filling with meringue; for this, use the two whites of eggs left over and prepare as above. For a large pie use another egg, the yolk in the lemon mixture, the white in the meringue. (See illustration.)

PEACH TART

Roll flaky pastry into a thin sheet; on it set (upside down) a pie plate, then cut out a round that will fit the plate (it probably should be an inch larger on all sides than the plate); fit the paste on the inverted plate, trimming it as needed. Set the paste-covered plate on a tin sheet, prick all over with a fork and let bake until done. Set the cooked paste in place on the inside of the plate and half fill with peach or apple marmalade or with cooked peaches pressed through a sieve and sweetened; above the filling set halves of cooked peaches; add half a tablespoonful of gelatine, softened in two tablespoonfuls of cold water, to a pint of the syrup from the peaches, made hot; when the gelatine is dissolved let the mixture cool and thicken, then use to glaze the top of the peaches and fill the spaces

between them. Set a cherry in the hollow of each half peach, pipe a little boiled frosting, if convenient, at the sides of the cherries, and sprinkle the edge of the paste with chopped nuts. Serve with or without cream.

STRAWBERRY TARTS I

(For 6 persons)

Cut out a round of puff or flaky paste about seven inches in diameter; lay a white paper on a baking sheet and slide the pastry upon it; pipe a row of chou paste on the edge of the round of paste and let bake until done (about twelve minutes). Pipe the rest of the chou paste on a buttered baking sheet, using a star tube and making rosette shapes. Let bake until they feel light and dry. Stir a little boiling water into half a cup of confectioner's sugar. Set the round of pastry on a serving dish, dip the under side of the rosettes in the sugar paste, and press them on the chou paste on the edge of the round; set these close together and entirely around the pastry. When ready to serve, fill with one or two baskets of strawberries, hulled, washed, cut in halves, and mixed with sugar. Decorate with whipped cream or a little confectioner's sugar. To serve, cut as a pie in triangular pieces. Let the berries stand mixed with the sugar half an hour or longer before use.

For Chou Paste see Page 84.

STRAWBERRY TARTS II

Roll flaky pastry into a thin sheet; from it stamp out rounds of pastry about three inches in diameter; set the rounds on a baking sheet; pipe chou paste around the edge of each; prick the paste with a fork, and brush over the chou paste with beaten egg yolk; bake until done. Fill the center of the tarts with choice fresh strawberries. Have ready equal measures of strawberry juice and sugar; melt the sugar in the juice and thicken one pint with half a tablespoonful of gelatine, softened in three tablespoonfuls of cold water and dissolved over the teakettle. When beginning to "set", pour over the berries in the tarts.

BANANA TARTLETS

Bake flaky pastry on long "brownie" tins, inverted. Prick the paste in many places before baking. Brush the edge of the pastry with white of egg slightly beaten, and dip in fine-chopped pistachio nuts or almonds. Melt a glass of currant or apple jelly in a little boiling water; in this scald, a few at a time, slices of banana; set these in the bottom of the pastry shells, then above these dispose slices, one overlapping another, lengthwise of the shells. To a cup of the melted jelly add a tablespoonful of lemon juice and half a tablespoonful (scant) of gelatine softened in two tablespoonfuls of cold water. When the gelatine is dissolved, let chill and use to coat the slices of banana. Do not

use gelatine to make a firm jelly. The mixture should coat the bananas lightly.

LITTLE RHUBARB PIES, WITH LATTICE TOPS

Line patty pans with good pastry, fill with prepared rhubarb, cover with narrow bands of pastry, laid over the filling lattice fashion, and let bake from fifteen to twenty minutes. The oven should be hot at first; brush over the edge of the lower pastry with cold water before pressing the bands of pastry upon it. For the filling peel the rhubarb and cut it in quarter-inch slices; cover a pint of the prepared rhubarb with boiling water, bring quickly to the boiling point, then drain, and press out all the water. Over the rhubarb sprinkle one cup of sugar sifted with three tablespoonfuls of flour and a scant half teaspoonful of salt; mix with one egg, beaten light, and a tablespoonful of lemon juice or a grating of orange rind.

LITTLE RHUBARB PIES, WITH CHERRY IN CENTER

Bake pastry over inverted tins, first pricking with a fork that it may puff evenly in baking. When cool, brush the edges with white of egg, slightly beaten, and dip in fine-chopped pistachio nuts, almonds, or shredded cocoanut. Cook the rhubarb mixture given above about fifteen minutes in a double boiler, then add the egg and lemon juice; cook a few minutes longer, then use to fill the pastry.

Finish with a cherry in the center and a sprinkling of nuts around the cherry.

ORANGE VOL-AU-VENT

Roll paste made of half a pound each of butter and flour into a thin sheet. Cut out an oval piece for a bottom and three oval rims. Set the bottom on paper in a baking pan, brush the edge with cold water, and set a rim in place upon it; brush the rim with cold water, and set a second rim over the first; brush with cold water and set the third rim in place; prick the paste with a fork repeatedly, that it may puff uniformly in baking, and let bake until done. It will take thirty to forty minutes. The rims may be baked separately, if desired, then piled one above the other. Pipe meringue down the sides and ends to hold the rims in place. Return to the oven to cook the meringue. When ready to serve, reheat slightly and fill with sliced and sugared oranges. Strawberries and sliced peaches are particularly good in a vol-au-vent.

APPLE DUMPLINGS

Core and pare the required number of apples. For six or eight apples, melt one cup of sugar in one cup of boiling water; let boil about five minutes, then put in the apples; let cook, turning often to keep the apples whole, until the apples are tender throughout. Remove each apple, as soon as it is tender, from the syrup. Use a spoon or skimmer.

Let the apples cool. Make plain or flaky pastry. Use, for six apples, about two cups and one half of flour. Roll the pastry into a thin sheet, and with a pastry wheel cut it into squares of a size to cover the apples. Set an apple on one of the squares; fill the center from which the core has been taken with butter, into which sugar and cinnamon have been creamed, or fill with chopped raisins and nuts, or with fruit jelly; bring two opposite corners of the paste up to the top of the apple, then bring up the other two corners; brush the top of the paste with cold water and set a small round of paste over the ends. Brush over all the pastry with cold water and dredge with granulated sugar. Prepare all in the same manner. Bake about twenty-five minutes. Serve with the jellied syrup in which the apples were cooked, sugar, and cream.

PEACH TARTS, FLOWER FASHION

Line small (individual) tins with puff or flaky pastry; put about a tablespoonful of dry rice into each and let bake until done; turn the paste from the tins and the rice from the paste. Brush the edge of each tart with white of egg, then roll it in chopped pistachio nuts. Set about a tablespoonful of pastry cream in the bottom of each tart, then dispose four or five small halves of preserved or brandied peaches in the cream, as a lining to the sides of the pastry, one overlapping another, entirely around the paste. Cut green gage (preserved)

plums in quarters down nearly to the stem end; remove the stone, and fold the ends of the sections in towards the center; set one of these inside the peaches in each tart; set a cherry in the center of the plum. Serve on the day of making.

PASTRY CREAM

Scald one cup of milk; stir one fourth a cup of flour with three tablespoonfuls of sugar and one fourth a teaspoonful of salt until thoroughly mixed, then stir into the hot milk; stir until thickened, then cover and let cook fifteen minutes; beat two egg yolks; add one tablespoonful of sugar and stir into the hot mixture. When the egg is set, remove from the fire, let cool, add half a teaspoonful of vanilla, and use as above.

MARGUERITES

Cut trimmings of puff or half-puff paste into diamond or heart shapes; with smaller cutters of same shape, or a sharp knife, score the paste one fourth an inch from the edge. Chill and bake. Remove the centers for covers; fill with a Chestnut Mixture, set the covers in place, glaze with a little thin Confectioner's Frosting, and sprinkle at once with chopped pistachio nuts or crushed candied violets.

CHESTNUT MIXTURE FOR MARGUERITES

Press preserved or plain cooked chestnuts through a sieve and sweeten to taste; add one or more

tablespoonfuls of fine-chopped French candied fruit and seeded raisins, softened in hot syrup, and half a teaspoonful of vanilla.

FRENCH APPLE TARTS

Bake flaky or puff paste on the outside of small fluted molds, rectangular in shape. Prick the paste before baking, that it may puff evenly. When baked, remove from the tins, brush over the edge with white of egg, and dip into chopped almonds. Have ready thin slices of apple, cooked tender in syrup, yet keeping the shape. Set these slices across the tarts and close together, pour over a little of the reduced syrup, and set into the oven to glaze the apple. Serve when cooled slightly.

VASSAR'S DELIGHT

¼ pound prunes
2 tablespoonfuls orange marmalade
⅔ cup sugar
2 tablespoonfuls butter
2 egg yolks
¼ teaspoonful salt
2 egg whites, beaten light
4 tablespoonfuls granulated sugar
Cocoanut or shredded almonds

Soak the prunes overnight in cold water, cook until tender; cut the flesh from the stones in small pieces; add cocoanut to equal half the bulk of the prunes; add the marmalade and a little cocoanut milk, if convenient. Heat to the boiling point, stir in the sugar, let cook a few moments, then set over boiling water. Cream the butter, beat in the egg yolks, one at a time, add the salt, and stir and cook in the prune mixture until the egg is set

and the mixture thickens. Have ready puff or flaky pastry baked over small inverted tins. Fill the pastry with the prune mixture. Fold the sugar into the beaten whites and pipe the meringue above the prune mixture, sprinkle with cocoanut or blanched almonds shredded or chopped, and let cook in a very moderate oven about twelve minutes; then let the nuts or cocoanut color slightly. Serve hot or cold.

PUFF PASTE CRESCENTS AND OVALS

Roll puff paste into a sheet one fourth an inch thick, cut into crescents and ovals with a patty cutter, and set into a baking pan lined with paper. Brush over the tops with beaten egg or cold water and sprinkle thickly with powdered caramel and chopped almonds. Bake about fifteen minutes. To cut the shapes, use a round cutter, then with the same cutter cut each round in two pieces, one of which will be a crescent; the other an oval shape.

LITTLE CHEESE BOATS

Roll puff or flaky pastry about one eighth of an inch thick and cut into pieces to cover the outside of very small boat or oval shaped tins. Cut around the edge of each neatly, prick all over with a fork, and set on to a baking sheet. Let bake until done. Heat three tablespoonfuls of Béchamel sauce; add half a cup of melted aspic, one fourth a teaspoonful each of salt and cayenne, also two level

tablespoonfuls of grated Parmesan cheese and four of grated Gruyère cheese. Stir over ice and water until cool but not set, then fold in one fourth a cup of cream, whipped very stiff. Continue to fold the mixture until it begins to stiffen, then with bag and star tube pipe the mixture into the pastry cases. Garnish with fine-chopped green pistachio nuts. Serve as a last course with coffee.

LEMON CHEESE CAKES I

For the filling for five small (individual) pies take one egg, three tablespoonfuls of sugar, one fourth of a teaspoonful of salt, the grated rind of one lemon, one large tablespoonful of lemon juice, and one fourth a cup of sifted sponge cake crumbs. Beat the yolk of the egg; add the sugar, salt, lemon rind and juice, and the cake crumbs; mix thoroughly, then fold in the white of the egg, beaten dry, and turn into small tins lined with fancy pastry. Bake until the filling is set.

LEMON CHEESE CAKES II

Press enough cottage cream, or Neufchâtel cheese, through a colander or potato ricer to make one cup and a half of cheese. Add one third a cup of sugar, the grated rind and juice of a lemon, two tablespoonfuls of cream, one tablespoonful of melted butter, one fourth a cup of sherry wine, and four eggs, beaten without separating the whites and yolks. At pleasure, half a cup of currants and

sliced citron may be added. Bake in very small tins, lined with rich pastry. Cream may be used instead of the wine, and pounded almonds instead of the lemon rind and juice.

LEMON CHEESE CAKES III

½ cup butter
2 cups sugar
3 lemons, grated rind and juice
4 eggs
2 extra yolks
½ teaspoonful salt

Heat the butter, one cup of sugar, and lemon juice and rind in a double boiler; beat the eggs and yolks, add the other cup of sugar and the salt, beat again and stir and cook in the hot mixture until the consistency of honey. Use at once or store in a fruit jar or jelly tumbler. To use, reheat in a double boiler, add sifted macaroon or sponge cake crumbs to thicken a little, and turn into hot pastry baked on small inverted tins. Prick the pastry before baking that it may rise evenly.

MELBA TARTS

Cut out rounds of flaky pastry, set them some distance apart in a baking pan, brush the edges with cold water, and pipe on the edge a ring of Chou Paste Number II (Page 85). Bake in a *quick* oven until thoroughly done; the oven must be hot on the bottom to heat the chou paste above the flaky paste. Set a canned apricot, round side up, in the center of each tart. To a cup of syrup in the can add one fourth a cup of sugar and a tablespoonful

of lemon juice and let boil two or three minutes; in this dissolve half a tablespoonful of gelatine softened in two tablespoonfuls of cold apricot syrup. Stir over ice and water until beginning to set, then spread over the apricots in the tarts to coat them completely.

ST. HONORÉ CAKE

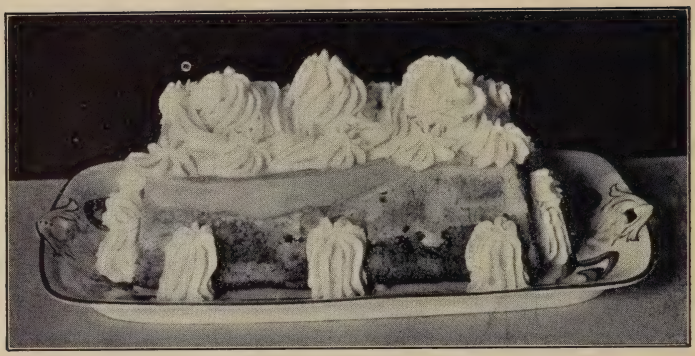
(To serve 12)

With an oval charlotte russe mold as a pattern, cut out an oval piece of flaky pastry, set it on a baking pan, and prick it all over with a fork. With a pastry bag and tube with half-inch opening, pipe on the edge of the paste a string of chou (cream cake) paste. Pipe about a dozen and a half small round cakes on a buttered baking pan. Brush all of the chou paste with beaten egg yolk and let bake until done. Peel an orange and separate it into sections, being careful to keep the skin on the pulp intact. Dry these sections and about a dozen maraschino cherries (or candied cherries washed in boiling water). Wipe the skin of about a dozen white grapes with a damp cloth and dry these. Cook two cups of sugar, two tablespoonfuls of corn syrup (Karo), and half a cup of water to about 290° F. or until the syrup begins to color slightly. Drop the grapes, cherries, sections of orange, one by one into the syrup, cover completely, and lift to a tin pan rubbed over with olive oil; also coat the top of the small cream cakes in the

syrup. Dip the cakes in the syrup again and set them side by side in the paste rim previously baked. Dip the broad edge of the orange sections in the syrup and set them above the small cakes; dip the cherries and grapes in the syrup and set them between the cakes and between the sections of orange. Have ready Bavarian Cream flavored with vanilla (Page 217). Set the St. Honoré on a lace paper laid on a serving dish, fill it with the vanilla cream, and pipe plain whipped cream above.

Pineapple Dainty. — *Page 163.*

Little Bread Puddings with Fruit Jelly. — *Page 179.*



Custard Pudding. — *Page 182.*

Individual Strawberry Shortcakes. — *Page 189.*

CHAPTER IV

CUSTARDS AND SOUFFLÉS

CUSTARDS are sweetened compositions in which eggs and milk predominate. In a custard of first quality nothing save salt and flavoring are added. In custards of inferior quality starchy materials such as flour, cornstarch, or arrowroot are substituted for part of the eggs.

SOFT AND FIRM CUSTARDS

Soft custards are stirred constantly during the whole time of cooking, which is short; the cooking is done over boiling water. A double boiler is the proper utensil. When starch is used, this is cooked in the milk fifteen minutes, after which the eggs are added. Yolks of eggs are preferable to whole eggs for both varieties of soft custard.

Soft custards are served in glass cups, usually accompanied by cake, as a dessert dish; in such custards four to six yolks are used to a pint of milk. Soft custards are also served as a sauce for a jelly, a sponge, cornstarch blancmange, or boiled rice; for this use, three egg yolks to a pint of milk will

suffice, or a tablespoonful of cornstarch may replace one or two of the egg yolks.

Firm custards are cooked while standing undisturbed, on many folds of paper, in a dish of water just below the boiling point. When the custard is to be served from the baking dish, four eggs or two whole eggs and four yolks are used to one quart of milk; if the custard is to be turned from the mold, the number of eggs is to be doubled. In these custards some egg whites must be used to give stability to the dish, but egg yolks being richer than the whites, a preponderance of them results in a particularly rich and tender custard. A custard is baked when it feels firm to the tips of the fingers pressed upon the top of it.

As eggs are added to custards simply for thickening or richness, and not to produce lightness, they are beaten but little.

LINING A MOLD WITH CARAMEL

A mold in which custard or a pudding is to be baked may be lined with hot caramel (Page 4); the caramel hardens on being turned into the mold, but gradually melts while the mixture is baking and when unmolded forms a sauce for the dish. To line a mold, as soon as the caramel has acquired the proper color, turn it at once into the mold; with a cloth in each hand turn the mold to allow the caramel to line it completely. The work must be done quickly, as the caramel hardens very fast.

SOUFFLÉS

Soufflés are mixtures in which all the lightness possible is secured. Being composed almost wholly of eggs with sugar and flavoring, they are cooked in boiling water in the same manner as custards. Puffy omelets which are in reality a variety of soufflé, being comparatively broad and shallow, are baked without the intervention of water, but it should be needless to add that the oven must be of very moderate heat. Baked slowly, the shrinkage on removal from the oven will be negligible.

RECIPES FOR CUSTARDS AND SOUFFLÉS

BOILED CUSTARD WITH SNOW EGGS

1 pint milk, scalded
3-4 egg yolks
⅓ cup sugar
½ teaspoonful salt
¾ teaspoonful vanilla

Beat the yolks and beat in the sugar and salt; mix the yolks smooth with a little of the hot milk, then return to the rest of the milk and stir constantly until the mixture thickens enough to coat the spoon. When cooked enough, the foam on the top of the mixture in the boiler will largely disappear. The custard will thicken more on cooling. Set the dish of custard at once into cold water, continue the stirring for two or three minutes, then renew the water, and stir for a few minutes longer. Flavor with vanilla just before serving. Serve the custard in glass cups with a "Snow Egg" on the top of the cus-

tard in each cup. Grate a little nutmeg on the eggs if desired.

SNOW EGGS

Beat the whites of two eggs very dry, then very gradually beat into them a scant half cup of sugar. Continue the beating until the mixture is very dry. Have ready on the range where the water will keep hot without bubbling a saucepan of boiling water. Dip two tablespoons into the water, then take up a spoonful of the meringue, and with the other spoon shape the top smooth, forming an oval shape like a rounding spoonful of any material. With the second spoon push the meringue into the water and continue until the saucepan is filled and the material is used. Turn the "eggs" often and let cook about twenty minutes.

CUSTARD WITH MACAROONS AND SNOW EGGS

5 macaroons
2 cups milk, scalded
1 teaspoonful cornstarch
¼ teaspoonful salt
2 tablespoonfuls cold milk
2 egg yolks
¼ cup sugar
½ teaspoonful vanilla
2 egg whites
¼ cup sugar

Set a macaroon in each of five glass cups. Stir the cornstarch and salt with the cold milk to a smooth consistency, then stir into the hot milk; continue stirring for three minutes, cover, and let cook fifteen minutes. Beat the yolks, add the sugar and beat again; pour on a little of the hot mixture, mix, and return to the rest of the mixture; cook while stirring

constantly until the foam disappears and the mixture thickens; strain into a cold dish. When cold add the vanilla and pour over the macaroons in the cups. While the custard is cooking, make Snow Eggs of the egg whites and sugar and set above the custard. Chill before serving. Chopped nuts may be sprinkled over the snow eggs, if desired.

CUSTARD BAKED IN CUPS

4 eggs, well beaten
½ cup sugar
½ teaspoonful salt
3 cups milk
Nutmeg

Beat the sugar and salt into the eggs and stir in the milk. Pour into four or five cups and set on several folds of cloth in a baking pan; pour in boiling water to half the height of the cups; let bake without the water boiling, until firm in the center; grate a little nutmeg over the top of the custard and chill before serving. Serve in the baking cups. This custard may be made with three eggs.

CARAMEL CUSTARD

½ cup sugar
¼ cup water
3 whole eggs
2 egg yolks
3 tablespoonfuls sugar
½ teaspoonful salt
2 cups milk

Cook the half cup of sugar to caramel; add the water and let stand to dissolve the caramel. Beat the eggs; add the three tablespoonfuls of sugar and beat again; add the salt, the caramel syrup, and the

milk. Turn into small molds, buttered and dredged with sugar. Let bake on many folds of paper, in a dish half filled with boiling water, until firm in the center. When cold turn from the molds.

OMELET, MELBA STYLE

5 egg whites, beaten firm
5 egg yolks, beaten till thick
1 lemon, grated rind and juice
1 tablespoonful boiling water
3 tablespoonfuls sugar
½ teaspoonful salt, scant
2 tablespoonfuls butter
1 can peaches
1 pint raspberries, fresh or canned
½ cup (or more) sugar

Mix the lemon, water, sugar, and salt through the beaten yolks and fold into the whites. Melt the butter in a nine-inch frying pan, tipping the pan to oil the whole surface; turn in the egg mixture, and make smooth on the top; let stand on the range one or two minutes to "set" the egg on the bottom, then move to the oven to remain until a knife thrust into the center is removed without uncooked egg adhering to it. It should take about twenty minutes to cook the omelet, a longer rather than a shorter time. Score the top of the omelet at right angles to the handle of the pan; set a few of the peaches, sliced, on the lower half, pour on two or three tablespoonfuls of raspberry sauce and fold at the scoring; turn on a hot serving dish, set more peaches above and around the omelet, and pour the sauce over the whole. To make the sauce, crush and press the berries through a strainer, securing as much pulp as possible, cook until thick; add the sugar and let boil throughout, stirring meanwhile.

DRIED APRICOT SOUFFLÉ

½ pound dried apricots
5 egg whites
½ cup sugar
1 cup cream
½ cup sugar

Wash the apricots, cover with cold water, and let stand some hours or overnight. Cook in the same water until the fruit is tender, and the water is nearly evaporated. Press the apricots with the liquid through a fine sieve. Reserve half a cup of this purée for the sauce. Beat the egg whites very light and fold in the sugar and the purée. Turn the mixture into a pudding dish, buttered and dredged with granulated sugar, and let cook until firm in the center and well puffed up. Cook on many folds of paper in a dish with boiling water around. Serve hot with the half cup of purée folded into the cream and half cup of sugar, beaten firm.

GRANDMOTHER'S DESSERT

3 tablespoonfuls butter
1¼ cups flour
¼ cup sugar
1¼ cups scalded milk
Grating of nutmeg
4 egg yolks, beaten light
4 egg whites, beaten very light

Cream the butter and work in the flour; add the sugar and gradually pour on the hot milk, while stirring constantly. Stir until the mixture is smooth; fold in the yolks, then the whites and nutmeg, and turn into a buttered baking dish. Bake about forty minutes. If the oven is at all hot, the baking dish should be set on several folds of paper in a dish of

hot water. Serve with strawberry, hard, or foamy sauce.

MACAROON CUSTARD EN SURPRISE

2 cups milk
8 macaroons
4 egg yolks, beaten light
½ cup sugar
⅓ teaspoonful salt
½ teaspoonful vanilla extract
Maraschino cherries
Whipped cream

Scald the macaroons in the milk and beat smooth. Beat the sugar and salt into the beaten eggs and cook in the hot milk as a boiled custard. When cold, add the vanilla. Set one or two cherries in the bottom of each glass; fill glasses (five or six) with the custard to two thirds their height. Set on the top of the custard a spoonful of whipped cream sweetened and flavored before whipping. Serve very cold.

SABAYON

(To serve 4 persons)

4 egg yolks
4 tablespoonfuls sherry
4 tablespoonfuls sugar (level)
2 tablespoonfuls hot water
½ pint whipping cream

Beat the yolks very light, add the water, sherry, and sugar; beat and cook over hot water until very thick, being careful not to curdle by overcooking. Set over cold water and whip until cold; whip cream until very thick. When ready to serve, combine the two mixtures. Serve in sherbet glasses, with or without lady fingers. Sabayon may also be frozen as a parfait or biscuit glacé.

TAPIOCA CUSTARD

(For 8 persons)

Scald one quart of milk and stir in one third a cup of a quick-cooking tapioca; stir occasionally while cooking until the tapioca is transparent (about half an hour). Beat one or two eggs; beat in half a cup of sugar, and half a teaspoonful of salt, and stir into the hot tapioca; continue to cook and stir until the egg is set. Serve cold in custard cups.

CUSTARD RENVERSÉ

(For 4–6 persons)

½ cup granulated sugar
4 eggs or 2 eggs and 4 yolks
½ tablespoonful salt
¼ cup sugar
2 cups milk

Stir the half cup of sugar in a small saucepan over a quick fire until the sugar melts and becomes light brown in color. Lift the pan from the fire occasionally and stir constantly to prevent burning. As soon as the sugar is melted, turn it into a mold that holds nearly three cups. With an oven cloth held in both hands, take up the mold and tip it from side to side to coat or line it completely with caramel. The work must be done very quickly, or the caramel will harden before the mold is completely lined. Beat the eggs (two eggs and four yolks make a richer custard than four whole eggs), add the salt and sugar, and beat again; add the milk and strain into the mold. Set into a baking pan on many folds of paper and

surround with boiling water to half the height of the mold, let cook in the oven until firm in the center. The water should not boil during the cooking. Let chill, then turn from the mold; the caramel will coat the custard and form a sauce on the dish.

DATE-AND-NUT SOUFFLÉ

- 2 egg whites, beaten dry
- ½ cup sugar
- ½ cup chopped nuts
- ½ pound dates, cut in bits

Gradually beat the sugar into the beaten whites, then fold in the dates and nuts. Butter a pudding dish, dredge with granulated sugar, and turn in the mixture. Set the dish on several folds of paper or cloth in a baking pan and surround with boiling water; let cook in a slow oven, without boiling the water, about twenty-five minutes. Send to the table in the baking dish. Serve with cream and sugar. The soufflé will fall a little on removal from the oven. If baked too fast it will rise very high and fall correspondingly. Baked in a slow oven it is a choice dessert. Prunes, figs, raisins, or fruit pureés may be used in place of the nuts and dates.

FIG WHIP

- 5 cooked figs with syrup
- 4 whites of eggs
- ½ cup sugar
- ¼ teaspoonful salt

Cut the figs in tiny bits; beat the whites dry; gradually beat in the sugar and salt, then fold in the figs. Turn into a buttered and sugared dish. Bake on many folds of paper and surrounded with boiling

water. The water should not boil during the cooking. The whip or soufflé is done when firm in the center. Serve hot with boiled custard, or with cream and sugar.

BOILED CUSTARD

1 pint of milk
4 yolks eggs
⅓ cup sugar
¼ teaspoonful salt

NUT-AND-RAISIN SOUFFLÉ

5 whites of eggs
½ cup seeded raisins
½ cup chopped nuts
½ cup sugar

Cut fine the raisins and chop the nuts; if the raisins are chopped they can not be mixed evenly through the soufflé unless they are cooked with water. Beat the whites dry; fold in the sugar and prepared nuts and raisins. Turn the mixture into a buttered baking dish and let cook as a custard (on many folds of paper and surrounded with boiling water) until the center is firm and the mixture well puffed. Serve hot, from the baking dish.

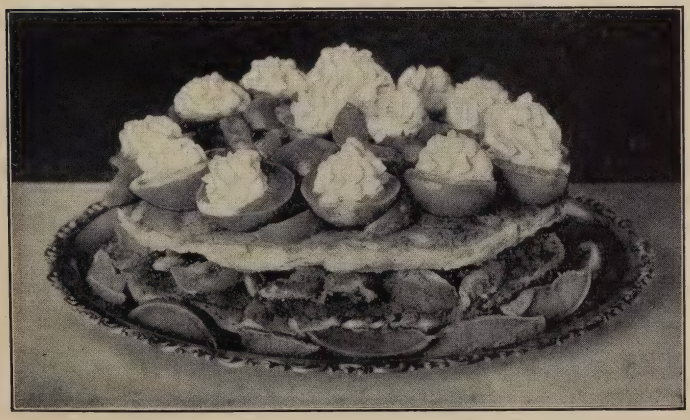
ALMOND SOUFFLÉ

1 pint milk
½ cup almond paste
¼ cup butter
½ cup flour
⅓ cup sugar
4 eggs

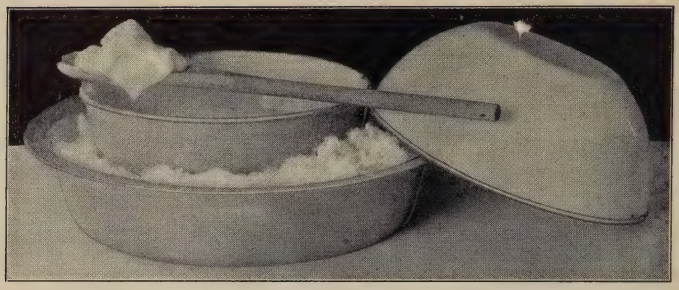
Scald the milk and paste in a double boiler; cream the butter and into it beat the flour; add a little of the hot milk and paste, and stir until smooth; again add milk and paste, and when smooth stir

into the rest of the hot milk; let cook until smooth, stirring occasionally; beat the egg yolks, add the sugar, and beat again, then stir into the hot mixture; fold in the whites of the egg, beaten dry, and turn into a buttered baking dish. Set into the oven in a dish of water. Bake about twenty-five minutes or until firm. Serve at once with hard or sabayon sauce.

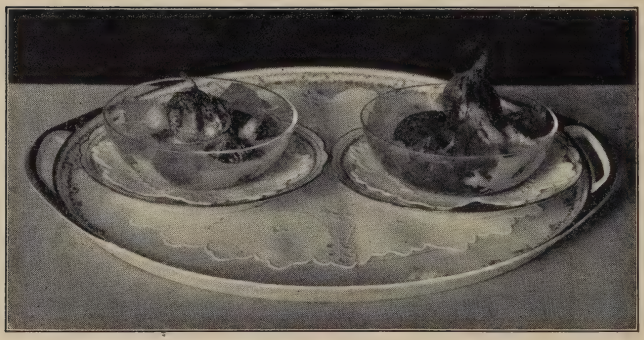
Individual Blackberry Shortcakes. — *Page 191.*



Peach Shortcake, Whipped Cream. — *Page 191.*



Showing the Combining of Foundation and Whipped Cream in Bavarian Cream. — *Page 206.*



Lemon Jelly, Figs, and Boiled Custard. — *Page 155.*

CHAPTER V

SWEET DISHES, LARGELY OF FRUIT

STEWED FIGS, WITH CREAM

STEW figs until the skins are tender. For a pound of figs add one fourth a cup of sugar and let simmer six or eight minutes. Serve cold with thin cream.

APPLES COOKED WITH DATES

Core and pare tart apples and rub over with the cut side of a lemon to keep from discoloring; fill the centers with two or three stoned dates, dredge lightly with sugar, and let bake until done. Serve with or without thin cream.

APPLES COOKED WITH RAISINS AND NUTS

(For 6 persons)

Core and pare (notice the order) six apples. Melt one cup of sugar in one cup of water and let boil three minutes, put in the apples and let cook, *turning often until tender throughout* (test the apples with a fork). Set the apples in a baking dish suitable for the table, — individual ramekins may be

used. Chop meats of three English walnuts and one dozen large seeded raisins; use these to fill the open spaces in the apples, — dredge the apples with granulated sugar and let cook in the oven until well glazed with the sugar. Reduce the syrup in which the apples were cooked, if needed, and dispose it around the apples in the dish or dishes. Serve hot or cold with or without cream.

PEARS CARDINAL

Cook canned pears about five minutes in a syrup of sugar and water, flavored with vanilla. When cold set on oblong pieces of sponge cake and coat with raspberry sauce, to which a little of the reduced pear syrup has been added. Sprinkle with shredded and blanched almonds.

STEWED FIGS WITH CHARLOTTE RUSSE CREAM

Pour boiling water over twelve pulled or bag figs, let stand a few moments, then pour off the water, and set to cook in a fresh supply. Let cook rapidly until the skins are tender, then add about one third a cup of sugar and let cook until the liquid is well reduced. Cool the figs, cut each into slices, and dispose them in six tall glasses; pour on the liquid and if desired a tablespoonful of sherry wine, lemon, or orange juice. Beat three fourths a cup of cream until firm and the white of a small egg until dry; beat a scant fourth a cup of sugar into the white and into this fold the cream; pipe this cream mixture above

the figs in the glasses. Serve thoroughly chilled. Dried peaches, cooked carefully, are particularly good served in this way.

STEWED FIGS, LEMON JELLY, AND CUSTARD

1 pound figs, cooked
¼ cup sugar

JELLY

¼ package gelatine
¼ cup cold water
¾ cup boiling water
½ cup sugar
⅔ cup lemon juice

CUSTARD

1½ cups hot milk
1 teaspoonful cornstarch
¼ teaspoonful salt
2 tablespoonfuls cold milk
2 egg yolks
¼ cup sugar

Add the sugar to the figs at the last of the cooking. Make the jelly and custard in the usual manner. Strain the jelly into a shallow dish to make a sheet about three fourths an inch thick. When chilled and set, cut into cubes. Set figs and syrup in individual dishes, dispose cubes of the jelly around the figs, and pour custard over the whole.

APRICOTS WITH CRUSTS AND ALMONDS

Drain the apricots from a can, and reserve the syrup and half the apricots, selecting the choicest halves. Press the remainder of the apricots through a sieve. Add half a cup of sugar, and let simmer on the back of the range until reduced to the consistency of marmalade. Then add a tablespoonful of

lemon juice and set aside. Have rounds cut from brioche, cake, or stale bread. Sauté them in olive oil or butter, or toast them over the coals. Have ready about two dozen almonds, blanched and chopped. Put the syrup on a serving dish, spread the rounds with the marmalade, sprinkle with the almonds, and dispose on the syrup. Set half an apricot on each round, and serve at once.

BAKED BANANAS, SULTANA SAUCE

¾ cup Sultana raisins
1 cup or more boiling water
1 cup sugar
2 teaspoonfuls or more cornstarch
1 teaspoonful butter
1 teaspoonful vanilla or
3 teaspoonfuls sherry
8 bananas

Pull down a section of a banana skin, then loosen the pulp from the rest of the skin; remove all coarse threads and replace the fruit in its original position in the skin. Set the bananas in an agate pan into the oven to cook until the skin is blackened and the pulp is soft. The length of time needed will depend on the heat of the oven, probably about twenty minutes in a moderate oven. At least an hour before serving set the cleaned raisins to cook in the boiling water, adding water as needed. Mix and sift together the sugar and cornstarch and stir these through the raisins and water; stir until boiling, then let simmer ten minutes and add the butter and flavoring. Remove the bananas from the skin to a hot plate (they may be coiled in a half circle). Pour over the sauce and serve at once. These may be used as a sweet entrée with meats or as a dessert dish.

BAKED BANANAS, BELGIAN STYLE

Remove the peel from six or eight small bananas; bananas from the top of the bunch as it hangs in the fruit store are the best. Scrape each banana to remove all coarse threads and lay them, side by side, in a baking dish suitable for the table. Grate over them the rind of an orange and half a lemon; mix together the juice of the half lemon, the orange, and half to three fourths a cup of sugar and pour over the bananas; bake in a quick oven until soft throughout. Serve from the baking dish or from individual dishes. One banana constitutes a service.

This is served as a dessert dish or as an entreé with guinea hens, birds, roast fowl, lamb, beef, etc.

APPLES GLACÉ, WITH CHERRIES

Core and pare tart apples of the same size. For five or six apples, cook one cup of sugar and one cup of water, two or three minutes, and then put in the prepared apples and let cook, turning often, until tender throughout. Remove each apple, as soon as cooked, to a baking dish; when all are cooked, pour over a little of the syrup and dredge the whole with granulated sugar; set the dish into the oven to form a glaze over the apples. Serve hot or cold with the rest of the syrup poured around the apples. On cooling the syrup will jelly. Finish the center of each apple with a cherry.

STRAWBERRIES AND CREAM IN CRISP CARD CASES

The molds may be cooked in advance and either reheated or used cold. To reheat, set into a moderate oven on soft paper for two or three minutes. Hull and wash the berries, cut in halves lengthwise, and mix with sugar. Use to fill the molds. Pipe whipped cream above or sift over a little confectioner's sugar. Add three tablespoonfuls of sugar and one fourth a teaspoonful of vanilla to a cup of cream before whipping.

MARMALADE AND CREAM IN CARD CASES

Set a tablespoonful or more of orange, grapefruit, kumquat, amber, or orange-and-pineapple marmalade in the molds and pipe sweetened whipped cream above. Both this and the preceding dish are suitable for afternoon tea or for card parties.

CRISP CARD MOLDS

Sift together three fourths a cup of (sifted) flour and half a teaspoonful of salt. Beat the yolks of two eggs; add half a cup of milk and gradually stir into the flour and salt. The mixture should be of the consistency of cream. Have ready a Scotch bowl of fat, hot enough to brown a cube of bread while counting twenty as the clock ticks; heat the iron in the fat, then dip into the batter, being careful that the iron does not hit the bowl. Do not let the batter cover the iron. Batter one half the height of the mold will make a case that comes to the top

of the mold. Let fry to a golden brown, and remove to soft or tissue paper to drain.

STUFFED PEARS, CONDÉ

Cut six pears in halves; pare and take out the cores, but leave the stems in place on one half of each pear. Simmer the pears in a cup of sugar and a cup of water until tender. Have ready a dozen blanched almonds chopped fine; mix these through half a cup of marmalade, pineapple or orange and pineapple are, either of them, good. Apple, peach, or apricot are not as common, perhaps, but are good for this dish. Fill the open space in the half pears with the nut preparation and put corresponding halves together. Dispose the pears on a border (shaped with two spoons) of cooked rice. Fill the center with more of the marmalade. Serve whipped cream or mock cream in a dish. The rice may be plain, boiled rice, or rice cooked in milk, with or without the addition of two tablespoonfuls of sugar, an egg yolk, and one fourth a cup of the marmalade.

MERINGUED CROUSTADES OF FRUIT MALTAISE

Cut stale sponge cake into squares, rounds, or diamonds of a size suitable for individual service. Remove a square piece from the center of each to form a case with walls one fourth an inch thick. Fill the center with fresh fruit (raspberries, strawberries, or peaches are the best) or with preserved fruit cut in small pieces. With preserved fruit, a

variety of fruits with cooked Sultana raisins may be used. Add also a little fruit syrup flavored according to taste. Sprinkle fresh fruit with sugar. Cover with meringue and set into a cool oven to cook the meringue; at the last, let the meringue color delicately.

PEACHES, WINDSOR STYLE

Prepare flat round pieces of sponge cake half an inch thick and a little larger around than half a cooked peach. A piece for the center of the dish might be made higher than the others. Hollow the pieces of cake a little in the center, that each may take half a cooked peach; fill the centers from which the stones were taken with marmalade, either plain, or mixed with chopped and browned almonds; set a second half peach above, that the whole may look like a perfect peach; brush over the outside of the peaches with white of egg, dredge with granulated sugar, and set into a very hot oven to glaze the peaches. Remove to a serving dish. Have ready the syrup in which the peaches were cooked, reduced by cooking and cooled a little; add a few drops of almond extract and half a teaspoonful of orange extract, and pour around the cake. Serve hot or cold, preferably hot.

FROZEN FRUIT SALAD

1 can pineapple
1 can white cherries
1 can pears
1 can peaches

2 oranges — ¼ grapefruit
Juice one lemon — 1 pint mayonnaise
1 pint cream, whipped

Cut the fruit the size of a half cherry; mix fruit, juice, mayonnaise, and cream, turn into the can of a freezer and turn the crank slowly until the mixture is frozen; pack the frozen mixture in quart molds and let stand a half to a full hour. Serve, cut in slices, with lettuce hearts and French dressing made with lemon juice. This will serve between thirty and forty people.

This salad may be served in place of a dessert. Serve with it toasted crackers or hot pulled bread.

MERINGUES, WITH MACEDOINE OF FRUIT

When the meringues are taken from the oven, run a spatula between them and the paper and lift them to an agate dish; remove a little of the soft portion from the under side, sprinkle sliced pistachio nuts or almonds on the edge, and return to the oven to dry off a moment. When ready to serve, fill with green grapes, skinned, cut in halves and seeded, small pieces of canned pineapple and peaches, apricots or plums mixed with a little of the fruit syrup; pipe sweetened and flavored whipped cream above and sprinkle the cream with chopped pistachio nuts. Do not use grapefruit, orange, or raw pineapple with cream.

PEACH GATEAU

Cut sponge cake in thin slices; pare and slice ripe peaches, sprinkle with sugar as needed. In a glass dish dispose alternate layers of cake and the peaches, with cream or cold boiled custard.

APPLES, DUCHESSE STYLE

Spread rounds, cut from slices of bread, with butter on both sides and let brown in the oven or sauté in a little hot clarified butter. Have ready, for each service, five balls cut with a French potato scoop from large sour apples that have been neatly pared. Let the balls cook in syrup until tender throughout, turning often to preserve the shape. Remove the cores from the remnants of the apples and let cook in a few tablespoonfuls of water until tender, then press through a fine sieve. For a cup of this apple purée take three fourths a cup of sugar and the juice of a lemon and let cook, stirring often, to the consistency of marmalade. Spread the croutons thick with the marmalade. Cut a short slit in the top of each little apple ball and insert a piece of angelica or citron for a stem. Dispose five balls on each crouton.

CRUSTS OF APRICOTS

Cut rounds or squares from Baba that has not been moistened with syrup. The rounds should be three fourths an inch thick. Hollow these in the center. Sprinkle the edge and the hollowed center

with praline and set into the oven to dry. Put a spoonful of English cream (filling for cream cakes and éclairs) in each, after mixing through it a little of the praline powder. Cook canned apricots in the syrup from the can, adding meanwhile a cup of sugar (to a can). Let chill; set a half apricot in the center of each. Reduce the syrup if desired and pour a little over each crust. Serve hot or cold, but preferably hot.

PINEAPPLE DAINTY

Dispose a square of angel food in a tall broad glass; above this set a slice of canned pineapple partially cut into pieces for eating, but still holding its shape. Cook the juice from the can with a little sugar and one or two tablespoonfuls of lemon juice; add enough maraschino from the cherry bottle to tint the syrup (or tint with color paste or red raspberry juice) and pour it over the pineapple and cake. Pipe whipped cream above the pineapple and finish with a cherry.

CHAPTER VI

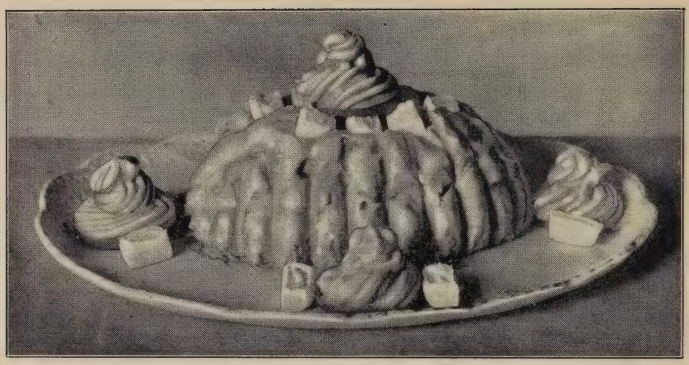
HOT AND COLD FARINACEOUS PUDDINGS

The term "pudding" is quite generally used to include all sorts of sweet dishes. Almost anything that is not cake or pie is called pudding, but in this book the word is used in a more restricted sense.

Thudichum speaks of a pudding as a compound formed of fragments of a material which had a previous independent existence, bound together by a soft mortar or cement which was able to penetrate and fill the pores and intervals between the lumps, and the whole set by heat. Thudichum's "compound" describes the mixture we have all noticed so many times in "pudding stone", seen by the wayside, and in pastures in country places. Cabinet and English plum pudding might then be taken as proper puddings, while a baked custard would not be considered a pudding. We will include under puddings, therefore, all sweet compounds, chiefly farinaceous, of a consistency suitable for eating with a fork. The pudding, if served with a sauce, will probably be eaten with a dessert spoon, but if the consistency is such that it may be eaten

Princess Pudding with Marshmallows and Cherries. — *Page 216.*

Macedoine of Cake, Marshmallows, Cherries, etc., in Caramel Cream. — *Page 212.*



GRAPE JUICE SPONGE. — *Page 215.*

CHRISTMAS CHARLOTTE RUSSE. — *Page 226.*

with a fork, the proper classification of the compound is "pudding."

Thudichum says "puddings should not be too solid, but easily comminuted"; the soft mortar or cement which Thudichum refers to as binding together the fragments of material is usually made up of eggs and milk, and the solidity of the finished product would depend on the proportion of the fragments of material to the milk, and also on the degree of heat to which the eggs in combination are subjected. Delicacy of texture in pudding, then, is assured by limiting the quantity of the ingredients that give firmness and regulating the heat to just what is needed to set the eggs.

Puddings are more commonly served hot than cold; a few are best when halfway between these conditions, and some are best cold; and left-over portions of most all well made puddings are not to be despised, even if cold.

A soufflé must be served the instant it is taken from the oven.

In some puddings the main ingredient, as bread or cake, is already cooked before it is combined with the other articles that enter into the dish. Take note that for a successful pudding the bread or cake must have been perfectly cooked at the start.

INGREDIENTS USED IN FARINACEOUS PUDDINGS

Bread, cake, tapioca, rice, cornstarch, farina, corn meal, rice flour, wheat flour, chocolate, cocoa,

butter, cream, fruit juice and pulp, canned fruit, raisins, currants, citron, dates, figs, nut meats, candied and fresh orange, grapefruit and lemon peel, candied cherries and other fruit, spices, sugar, molasses, and eggs are the principal ingredients in these puddings.

COOKING OF FARINACEOUS PUDDINGS

Farinaceous puddings are usually cooked by steaming or baking or in a double boiler. The cooking of a steamed pudding must be continuous until the pudding is done. Water to replenish the supply must be at the boiling point, for if the temperature of the pudding be lowered before the expanded air cells are "set" they will collapse and the result be a soggy mass. A pudding set on a trivet in a saucepan of water may be steamed in the oven; the conditions for a perfect dish are the same in the oven as in the steam cooker, viz. continuous boiling of the water till cooking is completed.

BEATING OF EGGS IN FARINACEOUS PUDDINGS

In farinaceous puddings, eggs are added sometimes to thicken the dish and sometimes to secure a light texture as well as some degree of firmness. When eggs are added simply for thickening the mixture, the whites and yolks are not separated, and the whole egg is not beaten overmuch. When lightness is to be secured, the whites and yolks are separated, the whites beaten until very light and the yolks until light-colored and thick.

When rice, tapioca, corn meal, etc. are used, the pudding should be stirred several times during the first part of the cooking, lest the grains settle and form a heavy pasty mass in the bottom of the dish. Often the above ingredients may be cooked to advantage in the liquid that is called for, in a double boiler, then after the other ingredients have been added, the cooking may be finished in the oven. When puddings are steamed in molds, room must be left for some expansion; when a pudding is baked in the oven, there is but little or no expansion, and the finished dish looks better if the dish be practically filled.

Baked puddings containing many eggs and made with cooked starchy materials should be treated as custards and baked on many folds of paper or cloth in a dish of boiling water. After the water is poured into the dish, let all stand on the top of the range till the water reboils, then set the whole into the oven, and let cook without boiling the water. When the top of the pudding feels firm to the tips of the fingers pressed upon it, the pudding is baked. It will take about an hour to bake a pudding made with one quart of milk.

SUET PUDDINGS

Suet for puddings must be chopped exceedingly fine; suet puddings thickened with part flour and part bread crumbs are usually lighter than those in which flour alone is used. Suet on melting lightens

a pudding and if the quantity is less than half the combined weight of crumbs and flour, two teaspoonfuls of baking powder should be used with each half pound of these ingredients.

Mix all fruit and dry ingredients together before adding milk or eggs.

ON MOLDING PUDDINGS COOKED IN MOLD

If a pudding is to be turned from the mold for serving, the mold should be thoroughly buttered and the butter dredged with sugar. After cooking, let it stand on a cake rack for a few minutes, to contract: loosen the pudding at the upper edge with a pointed knife if needed, tip the mold from side to side to let in air, then invert on the dish directly in the center; for, if the pudding is of a delicate nature it can not be moved. If the pudding is not to be surrounded with a sauce or decoration, it should be turned on a lace paper doilie. By spreading the doilie over the pudding in the mold and thus unmolding it on the doilie, it may be moved, if necessary, on the serving dish.

CORNSTARCH BLANCMANGE

2 cups scalded milk — ¼ cup cold milk
⅓ cup cornstarch — ⅓ teaspoonful salt
3 tablespoonfuls sugar

Stir the cornstarch, sugar, and salt with the cold milk and cook in the hot milk (double boiler), stirring constantly until the mixture thickens and, occasion-

ally thereafter, for twenty minutes. Turn into cups rinsed in cold water; serve cold, unmolded, with custard sauce, or with sugar and cream.

SEA MOSS FARINE BLANCMANGE

2 cups milk
Thin rind ½ lemon or orange
½ tablespoonful (level) Sea Moss Farine
1 tablespoonful sugar

Set the milk and fruit rind over the fire in a double boiler; sift together the Sea Moss Farine and sugar, then stir into the cold liquid and continue to stir while the liquid is heating; when the mixture is hot, stir occasionally while cooking twenty minutes. Strain into molds and let chill and harden. Serve unmolded with custard, with canned or fresh sugared fruit, or with sugar and cream.

REBECCA PUDDING

2 cups scalded milk
¼ cup cornstarch
¼ cup cold milk
2 egg whites
¼ teaspoonful salt

CUSTARD SAUCE

2 cups scalded milk
2 egg yolks
2 tablespoonfuls sugar
¼ teaspoonful salt
½ teaspoonful vanilla extract

Heat the milk in a double boiler, stir the cornstarch and cold milk until smooth, then stir and cook in the hot liquid until thickened slightly; cover and let cook ten minutes, stirring occasionally. Beat the egg whites and salt very light, then fold

into the cooked mixture. Have ready small molds or cups, buttered and dredged with sugar; turn in the mixture, and let cook in the oven on folds of paper and surrounded with boiling water until firm and well puffed. Serve hot, with cold custard. For the custard, scald the milk, beat the egg yolks, add the sugar and salt, and beat again; pour on a little of the hot liquid, mix and stir into the rest of the hot liquid, and continue to stir and cook until the mixture thickens a little, then strain into a cold dish. Add the vanilla before using. For a richer sauce use one or two additional egg yolks.

VARIATIONS OF REBECCA PUDDING

Half a cup of chopped almonds, grated cocoanut, fine-chopped figs or dates, or one or two ounces of melted chocolate may be added before the egg whites are folded into the pudding mixture. The sauce may be used as a sauce for boiled rice, or it may be poured over slices of stale sponge cake. When cold, decorate with bits of fruit jelly.

HOT CORNSTARCH PUDDING

1 quart milk	1 teaspoonful salt
⅔ cup cornstarch	2 eggs
¼ cup sugar	¼ cup sugar

Reserve a little of the milk to mix with the cornstarch and scald the rest in a double boiler. When the milk is hot, stir in the cornstarch mixed with the cold milk; add the sugar and salt and stir until the

mixture thickens, then cover and let cook twenty minutes; beat the eggs, beat in the second quantity of sugar, and stir into the hot mixture; cover and let cook, stirring occasionally, about five minutes or until the egg is set. Serve with rich milk and sugar or with —

CHOCOLATE SAUCE

1½ cups granulated sugar
¼ cup cocoa
1 cup boiling water
½ teaspoonful vanilla extract

Mix together the sugar and cocoa, add the boiling water, and stir and cook until the mixture boils; let boil five or six minutes. Use hot or cold. Flavor just before using. This sauce is good on ice cream, boiled rice, cottage pudding, etc.

PINEAPPLE TAPIOCA SPONGE

(For 20 persons)

2 cans grated pineapple
1 cup boiling water
1 cup quick cooking tapioca
1½ cups sugar
½ teaspoonful salt
Grated rind and juice one lemon
4 egg whites, beaten light and firm

To the pineapple add the boiling water, tapioca, and salt, and let cook in a double boiler until the tapioca is transparent; add the sugar and lemon and when again hot fold in the egg whites. Serve hot or cold with cream and sugar, or a thin custard sauce. Other fruit or fruit purées may replace the pineapple. Canned apricots are good for this dish.

APPLE TAPIOCA PUDDING

(For 10 persons)

1 cup quick cooking tapioca	⅔ cup sugar
5 cups boiling water	½ teaspoonful cinnamon
1 teaspoonful salt	10 apples

Cook the tapioca in the boiling, salted water until transparent. Core the apples and set them in an agate baking dish; fill the centers with the sugar and cinnamon, pour over the hot tapioca and let bake until the apples are tender. Serve hot with milk and sugar.

PRUNE KUCHEN

Cover the bottom of a baking dish with cooked and stoned prunes; make a soft, rich biscuit mixture (do not have it stiff enough to knead) and spread this over the prunes. Let bake until done, about twenty minutes. Serve hot, cut in squares, with cream and sugar. Sliced apples or peaches or canned apricots may be used in place of the prunes.

RICE BLANCMANGE

1 quart milk	¾ cup sugar
Piece cinnamon bark	¼ pound rice
Thin yellow rind ½ lemon	¾ teaspoonful salt

Scald the milk with sugar, cinnamon, and lemon rind; grind the rice in a coffee mill, add the salt and enough cold milk to moisten, then stir into the hot milk; continue to stir until the mixture thickens a little, cover, and let cook until stiff enough to

mold. Serve cold turned from the molds with fruit juice. Juice from canned cherries is good.

RICE WITH VANILLA SAUCE

½ cup rice
2 cups hot milk
½ teaspoonful salt

Set the rice over a quick fire in a quart of cold water, stir constantly while heating to the boiling point, let boil two minutes, drain, rinse in cold water, and drain again. Cook the blanched rice in the hot milk in a double boiler with the salt until tender, adding more milk if needed. Serve hot with the sauce poured over it.

VANILLA SAUCE

2 teaspoonfuls cornstarch
1 cup sugar
1 cup boiling water
2 tablespoonfuls butter
1 teaspoonful vanilla

For the sauce, sift together the cornstarch and sugar, add the boiling water, and let boil all over, then let simmer ten minutes, beat in the butter and vanilla, and serve.

RICE CONES

½ cup rice
2 cups milk
½ teaspoonful salt
⅓ cup sugar
2 egg whites, beaten light
Fruit jelly

Set the rice over a quick fire in a quart of cold water, stir constantly while heating to the boiling point, let boil rapidly two minutes; drain and rinse

in cold water. Cook the blanched rice in the milk with the salt until tender, add the sugar (this may be omitted), and fold in the egg whites. Butter five or more earthen or tin molds and in them pack the rice. Let cook ten minutes in the oven in a dish of boiling water. Loosen the rice at the top of the molds and invert on a dish. Set a spoonful of jelly on the top of each mold and turn a cold soft custard flavored with vanilla around the rice. Serve at once.

CUSTARD FOR RICE CONES

2 cups milk
1 teaspoonful cornstarch
⅓ cup sugar
¼ teaspoonful salt
2 egg yolks
½ teaspoonful vanilla

CHOCOLATE RICE PUDDING

(To serve 4–6 persons)

¼ cup rice
1 quart cold water
2 cups hot milk
½ teaspoonful salt
½ cup raisins
1 tablespoonful butter
2 egg yolks
⅓ cup sugar
1 square (ounce) chocolate

Add the rice to the cold water and stir constantly over a quick fire until boiling; after boiling two minutes, drain, rinse in cold water, and drain again. Return the rice to the fire in the hot milk, add the salt and raisins and let cook until the rice is tender; add the butter, egg yolks, beaten and mixed with the sugar and the chocolate, and stir and cook one minute. If too firm, add a little milk or cream.

Turn into a buttered baking dish. Make a meringue of two egg whites and four tablespoonfuls of sugar. Beat the egg whites very light, beat in the sugar, and spread over the pudding. Set into a very moderate oven to cook the meringue.

RICE PUDDING

2½ cups scalded milk
3½ tablespoonfuls cornstarch
½ teaspoonful salt
½ cup cold milk
1 cup hot cooked rice
2 egg yolks
¾ cup sugar
1 teaspoonful vanilla extract

Mix the cornstarch and salt with the cold milk and stir into the hot milk, continue to stir until the mixture thickens, then cover and let cook ten minutes, add the rice; the grains should be distinct. Beat the yolks, mix in the sugar and stir into the hot rice, continue to stir until the egg is cooked, add the vanilla and turn into a pudding dish. Spread the meringue over the pudding. Let cook in a very moderate oven for ten to fifteen minutes, when the meringue should be colored delicately. Serve hot or cold. The quantity of rice may be increased, but the pudding should be creamy, not firm. For the meringue use two egg whites, beaten firm, and four tablespoonfuls sugar.

RICE CROQUETTES, EASTER STYLE

¾ cup rice
3 cups milk
½ teaspoonful salt
¼ cup sugar
¼ cup butter
3 egg yolks
Orange marmalade
Soft, sifted bread crumbs
1 egg, beaten well
3 or 4 tablespoonfuls milk
Fat for frying

Blanche the rice. (See preceding recipes.) Add the milk and salt and let cook in a double boiler until the grains are tender and the milk mostly absorbed; add the sugar, butter, and yolks; mix thoroughly, cover and let stand about six minutes to cook the eggs; then turn on a buttered plate. When partly cooled, form into balls; make a depression in each and in it set about a teaspoonful of orange marmalade; then cover and give the shape of an egg. Roll in the crumbs and let stand until all are ready. Roll each in the egg mixed with the milk and again in the crumbs. When ready to fry, brush off all superfluous crumbs, and fry in deep fat. Drain on soft paper. Serve hot with Creamy Sauce (Page 198).

PEACH OR APPLE BETTY

Use soft crumbs from the center of a stale loaf of bread. Mix three cups of crumbs with half a cup of melted butter. Have ready three cups of sliced apples or peaches. Put the buttered crumbs and the fruit into a baking dish, in alternate layers, having the last layer of crumbs. Sprinkle each layer of fruit with a little sugar, also cinnamon or grated orange or lemon peel as desired. Bake about one hour. Let the dish be covered during the first half of the baking, but remove, at the last, that the crumbs may brown. Serve hot with sugar and cream.

COFFEE FRITTERS

Stale bread
¾ cup coffee (strong)
2 tablespoonfuls sugar
¼ teaspoonful salt
1 egg, beaten light
¼ cup cream
Sifted soft bread crumbs
1 egg, beaten light
4 tablespoonfuls milk

Cut the bread in slices, then cut the slices into long and narrow strips. Mix the other ingredients and into this mixture dip the bread. Pat the strips of prepared bread in soft crumbs, then dip in the egg mixed with the milk and again cover with crumbs. Fry in hot fat. Drain on soft paper. Serve with—

COFFEE CREAM SAUCE

3 egg yolks
4 tablespoonfuls sugar
⅛ teaspoonful salt
1 cup strong coffee
½ cup cream, beaten stiff

Beat the yolks, beat in the sugar and salt, and stir and cook in the hot coffee, over boiling water, until the mixture thickens. When cold, fold in the cream.

JELLY OR JAM PUDDING

(Mrs. (Gen.) Miles's Recipe)

Pour half a cup of boiling water over half a cup each of sugar and jam or jelly, heat the whole to the boiling point, and stir until evenly blended. Cut stale bread in slices half an inch thick, and remove all crusts. Cut the prepared bread in cubes and fit them closely into an earthen bowl, pouring on the hot liquid meanwhile. Have the bread

level on the top and pour on all the hot liquid that it will absorb. Cover and let stand to become chilled. Serve, unmolded, with sugar and cream.

This pudding is particularly good made with the sweetened juice of canned berries of any variety.

CANNED BERRY PUDDING

Butter a pudding dish, put in a layer of bread, cut in thin slices and buttered, then a layer of canned berries — blueberries, blackberries, or raspberries. If the berries are not already sweetened, sprinkle on a little sugar. Continue the layers until the dish is nearly full. Bake about half an hour in a moderate oven. Serve hot with sugar and cream or hard sauce.

ANGEL PUDDING

¼ cup butter
¼ cup flour
1 cup scalded milk
2 eggs
¼ cup sugar
¼ cup grated bread crumbs

Cream the butter, beat in the flour and let cook in the hot milk, stirring constantly, until the mixture thickens. Beat the eggs, add the sugar, and stir into the hot mixture; stir in the crumbs (measured rather solid) and turn into individual tins, carefully buttered and dredged with sugar. Bake until firm. Turn on to a serving dish, sift powdered sugar over them, and serve with hard or Royal Sauce (Page 198) in a bowl.

QUEEN OF PUDDINGS

(To serve 8–10 persons)

2 cups fine soft bread crumbs
4 egg yolks, beaten light
1 cup sugar
4 cups milk
½ teaspoonful salt
Grated rind 1 lemon
Fruit jelly
4 egg whites
½ cup sugar

Add part of the sugar to the crumbs and part to the beaten yolks, mix thoroughly, and combine; add the milk and salt and let bake until firm in the center; grate the rind over the top and spread jelly over the whole (sifted apple sauce, or any fruit marmalade or sauce may be substituted). Beat the whites very light; gradually beat in the half cup of sugar and spread over the jelly; dredge with granulated sugar and return to the oven until delicately browned. The meringue should not brown until the pudding has been in the oven at least ten minutes. Serve hot or cold.

SPICED CHOCOLATE BREAD PUDDING

1 cup fine bread crumbs
2 eggs, beaten light
½ cup sugar
2 ounces melted chocolate
½ teaspoonful cinnamon
2 tablespoonfuls melted butter
2 cups milk
½ teaspoonful salt

Mix and bake in a slow oven. Serve hot with Hot Marshmallow (Page 201) or Plain Vanilla Sauce (Page 197).

LITTLE BREAD PUDDING

1½ cups bread crumbs measured lightly
1 egg and 1 yolk
½ cup sugar

½ teaspoonful salt
⅓ cup cocoanut
2 cups milk
Raisins or currants

Butter individual molds; dredge the butter with granulated sugar and set a large seeded raisin or half a dozen dried currants in the bottom of each mold. Remove the crust from stale bread, rolls, baba, or brioche and press the crumbs through a fine sieve. Beat the egg and the yolk, add the sugar, salt, cocoanut, and milk and pour over the crumbs; let stand ten minutes, then turn into the prepared molds (six or seven will be needed). Set the molds on several folds of paper and pour in boiling water to half the height of the molds. Let bake until firm in the center (about half an hour) without boiling the water. Turn from the molds. Serve hot with any pudding sauce, or with currant or other fruit jelly.

STEAMED FIG PUDDING

1 pound figs
½ cup nuts
½ pound suet
2 cups bread crumbs
2 cups milk
¾ cup sugar
1 teaspoonful salt
1 teaspoonful cinnamon
1 teaspoonful mace
⅓ teaspoonful cloves
4 yolks of eggs
4 whites of eggs

Chop the figs, nuts, and suet together (cook the figs a few moments and they can be chopped more easily), mix the sugar, salt, and spices, and add to the beaten yolks; mix the bread crumbs through the fig-suet mixture, then mix in the yolks and sugar and lastly add the whites, beaten dry. Steam in

a well-buttered mold four hours. Serve with hard or liquid sauce, or both.

COLD APRICOT PUDDING

Cut brioche or cake into quarter-inch cubes, also cut fifteen halves of peeled apricots (canned) into small pieces. There should be one cup and three fourths of the brioche or cake. Butter a quart mold, then dredge with sugar. Use whole seeded raisins, cleaned currants, and slices of apricot to decorate the mold. The way in which these articles are used will depend upon the style of mold selected. After the decorations have been set in place, pour a few drops of melted butter upon each article or piece of an article, and set in a cool place to become chilled. Put the cake, fruit, and one fourth a cup of cleaned currants in the mold in alternate layers. Beat four eggs; add half a teaspoonful of salt, a scant half cup of sugar, and beat again, then stir in two cups of rich milk, mix thoroughly and pour over the ingredients in the mold. Let stand a few moments that the cake may take up the mixture. Let cook in the oven until firm (about forty minutes) on many folds of paper in a dish, surrounded by boiling water. When cold, unmold. Decorate with whipped cream made yellow with egg yolks. See Yellow Whipped Cream Sauce, Page 202.

CHERRY PUDDING

Fit a paper buttered on both sides in the bottom of a quart brick-shaped mold. Butter the inside of the

mold thoroughly, then dredge the whole inside with sugar. Decorate the bottom of the mold with cherries, cut in rings, cover the decorations with thin slices of stale sponge cake, then sprinkle on slices of cherries and Sultana raisins; add cake, then fruit, until the mold is filled solidly. Beat three eggs; add one quarter cup sugar, one half teaspoonful salt, and one and three quarters cups milk, mix and pour over the contents of the mold. Let bake on folds of paper, in a pan of boiling water (the water should not boil after it is added), until firm. Unmold. Serve with Sabayon Sauce, Royal (Page 203).

CUSTARD PUDDING

Spread slices of stale sponge or plain cup cake with strawberry or raspberry jam and lay them lightly in a buttered pudding dish; beat three eggs; add half a teaspoonful of salt, two tablespoonfuls of sugar, and two cups of milk; mix and turn over cake. Let bake in a very moderate oven until the center is firm. When cold, turn from the dish and ornament with whipped cream, sweetened a little before whipping. Use a quart mold; line the mold neatly with buttered paper, then dredge the butter with granulated sugar.

STEAMED PUDDING

(No eggs)

2 cups soft bread crumbs ½ teaspoonful salt
1 cup raisins seeded and cut in halves or chopped

½ teaspoonful soda
½ teaspoonful cinnamon
¼ teaspoonful cloves
½ teaspoonful mace
½ cup molasses
1 cup sweet milk
2 tablespoonfuls cocoa

Mix all the ingredients together, steam in a buttered mold two hours. The cocoa may be omitted. Serve with hard sauce.

STEAMED DATE PUDDING

1 cup whole wheat flour
½ cup white flour
½ teaspoonful salt
1 teaspoonful soda
½ teaspoonful mace
1 egg, beaten light
½ cup molasses
½ cup milk
4 tablespoonfuls melted butter
1 cup dates, stoned and cut in pieces

Sift together the dry ingredients, add the liquid ingredients and the dates, and mix thoroughly. Steam in a buttered mold two hours and one half. Serve hot with Miss Wilber's Hard Sauce (Page 198).

CHRISTMAS PLUM PUDDING I

2 cups fine bread crumbs (⅜ pound)
2 cups fine chopped suet (½ pound)
1 cup sugar
½ pound raisins
½ pound currants
½ cup nut meats, sliced
¼ pound citron, sliced
2 ounces candied peel, sliced thin
½ cup flour
½ teaspoonful salt
½ nutmeg, grated
¼ teaspoonful mace
4 eggs, beaten very light
1 cup milk

Mix together bread, suet, sugar, fruit, nuts; add the flour, sifted with the salt and spices; mix thoroughly with the eggs and milk. Steam six hours in a buttered mold. Serve with hard or Rum Sauce (Page 199).

CHRISTMAS PLUM PUDDING II

1 cup soft sifted bread crumbs
1 cup brown sugar
1 teaspoonful salt
1 cup fine-chopped suet
1 pound raisins
½ pound currants
½ cup nut meats
¼ pound citron, sliced
4 egg yolks
1 cup flour
1 teaspoonful cinnamon
1 teaspoonful nutmeg
½ teaspoonful cloves
1 cup milk
4 egg whites, beaten light

Mix, adding the whites of the eggs last. Steam five hours.

PLUM PUDDING

1 pound raisins
2 ounces citron
1 pound currants
¼ pound blanched almonds
1 cup fruit juice
1 pound suet, chopped fine
¼ cup flour
1 pound sugar
1 pound soft bread crumbs
1 nutmeg, grated
1 teaspoonful salt
8 eggs
Cream to moisten

Pour the fruit juice (grape, apple, pineapple, loganberry, etc.) over the fruit and nuts, add the suet, flour, sugar, crumbs, nutmeg, and salt, and let stand overnight. Add the eggs beaten light, mix thoroughly, and add cream as needed to make a soft mixture. The mixture should not be soft enough to pour. Steam ten hours. When ready to serve, steam such portion as is needed about two hours.

DELMONICO PUDDING WITH PEACHES

(To serve 8–10 persons)

1 can choice peaches
2½ cups hot milk
6 tablespoonfuls cornstarch
½ cup cold milk

¾ teaspoonful salt
3 egg yolks
½ cup sugar

Turn the peaches into a large pudding dish. Mix the cornstarch and salt with the cold milk and stir into the hot milk. Continue to stir until the mixture thickens, then cover and let cook fifteen minutes. Beat the yolks, beat in the sugar, and stir into the hot mixture, cover and let cook about five minutes; then turn over the peaches and syrup in the dish.

MERINGUE

3 egg whites
6 tablespoonfuls sugar

Beat the egg whites very light, beat in part of the sugar, fold in the rest, and spread over the pudding; dredge with granulated sugar. Let bake in a very moderate oven about fifteen minutes, or until the meringue is delicately colored. Serve hot or cold.

FRUIT PUFFS

½ cup butter
3 tablespoonfuls sugar
2 eggs, beaten light
2 cups flour
3 teaspoonfuls baking powder
1 cup milk
1 cup fresh fruit, raisins, or currants

Mix in the usual manner. Pour into well-buttered cups and let steam half an hour. Serve hot with cream pudding sauce.

HOT FUDGE PUDDING

½ cup butter
1 cup sugar
2 egg yolks
3 ounces chocolate
½ cup molasses
½ cup sour milk

½ cup hot water
2 cups sifted flour
1 teaspoonful soda
1 teaspoonful cinnamon
2 egg whites

Mix as a butter cake. Bake about twenty-five minutes in a hot, well-buttered muffin pan. Serve hot with whipped cream sweetened and flavored with vanilla; or with Marshmallow (Page 201) or Creamy Sauce (Page 198). The recipe makes eighteen cakes. Part may be baked as a cake.

CAKE PUDDING WITH RAISINS

1 cup stale cake crumbs
1 cup raisins
2 eggs, beaten light
½ teaspoonful salt
¼ cup sugar (or less, if frosting is used)
Grated rind 1 orange or lemon
2 cups milk

Use one or more kinds of cake, baba, or brioche, also use frosting if present. Crumble the cake very fine, add the other ingredients, and mix thoroughly. Let bake in a slow oven until firm in the center; stir two or three times at first to keep the fruit from settling. Serve hot or cold with any hot pudding sauce.

COCOANUT CORN MEAL PUDDING

2 tablespoonfuls meal
1 tablespoonful tapioca
1 tablespoonful cocoanut
¼ teaspoonful salt
¼ cup sugar
1 tablespoonful butter
½ cup molasses
1 pint milk

Combine meal, tapioca, cocoanut, salt, and sugar; add melted butter, molasses, and milk. Bake slowly two hours. Serve warm with cream.

BAKED INDIAN PUDDING I

1 pint milk
1 cup corn meal
1 tablespoonful butter
¼ cup molasses
½ teaspoonful salt
½ teaspoonful allspice
2 tablespoonfuls sugar
1 egg

Scald the milk and stir in meal; add the softened butter, molasses, seasonings, and beaten egg. Bake two hours. Serve hot with melted butter, cream, or vanilla ice cream.

DATE CORN MEAL PUDDING

1 pint milk
½ cup corn meal
1 tablespoonful butter
1 cup sugar
½ teaspoonful cinnamon
¾ cup dates, cut in pieces
2 eggs

Scald milk and pour over meal; add softened butter, sugar, cinnamon, and dates, lastly beaten eggs. Turn into baking dish and bake until the consistency of an ordinary custard. Serve with hard sauce.

BAKED INDIAN PUDDING II

This recipe has been handed down from the days of the early settlement of this country. The recipe was used for puddings baked in the big brick oven of a farm house in New Bedford, Mass. The land on which the house stood was purchased of the Indians. The original deed given by the Indians is still in the possession of the family.

1 quart scalded milk
1 quart cold milk
1 pint white Rhode Island meal
2 cups molasses
Small piece butter
1 teaspoonful salt

Stir meal into scalded milk, stir in slowly to keep free from lumps; add molasses, butter, and salt, stir in the cold milk. Bake in a slow oven at least four hours. Stir occasionally while in the oven.

BAKED INDIAN PUDDING WITH SUET I

1 pint hot milk
½ cup corn meal
½ cup cold water
½ cup suet, chopped very fine
½ cup molasses
1 egg, beaten light
½ teaspoonful salt
½ teaspoonful ginger
¼ teaspoonful cinnamon
1 cup cold milk

Mix the corn meal with the cold water, and stir into the hot milk in the double boiler; continue to stir until the mixture thickens; add the suet, molasses, egg, salt, and spices. Turn into a buttered baking dish, pour on the cold milk and, without stirring, let bake very slowly three hours. Serve plain or with cream and sugar or hard sauce.

BAKED INDIAN PUDDING WITH SUET II

1 pint hot milk
½ cup fine-chopped suet
4 tablespoonfuls corn meal
1 cup cold water
2 beaten eggs
1 cup molasses
½ teaspoonful salt
½ teaspoonful ginger
1 teaspoonful cinnamon
½ cup cold milk

Prepare in the same manner as the preceding recipe, except that the suet should be added to the hot milk at first.

BAKED INDIAN PUDDING WITH SWEET APPLES

4 tablespoonfuls Indian meal
1 cup cold water
2 cups scalded milk
1 cup molasses

2 eggs, beaten light
½ teaspoonful salt
1 teaspoonful ginger
1 teaspoonful cinnamon
4 sweet apples
½ cup cold milk

Mix the meal with the cold water and stir into the milk scalded over hot water; continue to stir occasionally until the mixture thickens; add the molasses, eggs, salt, and spices. In a buttered pudding dish, lay the apples — pared, quartered, and cored, — pour over them the Indian meal mixture, and let bake in a moderate oven half an hour, stirring two or three times; pour on the cold milk and let bake undisturbed two hours. Serve with cream or hard sauce.

STEAMED INDIAN PUDDING (Suet)

⅔ cup fine-chopped suet
2 cups corn meal
1 teaspoonful ginger
1 teaspoonful salt
2 teaspoonfuls soda
2 eggs, well beaten
⅔ cup sour milk
1 cup molasses

Sift the corn meal, ginger, salt, and soda over the suet, mix thoroughly; add the eggs, milk, and molasses and stir together thoroughly. Steam in a well-buttered mold about six hours. Leave plenty of room in the mold for expansion.

INDIVIDUAL STRAWBERRY SHORTCAKES

(To serve 6–8 persons)

2 cups pastry flour
½ cup cornstarch
5 teaspoonfuls baking powder
½ teaspoonful salt
⅓ cup shortening
1 egg, beaten light
¾ cup milk
2 baskets strawberries
3 cups sugar
Whipped cream

Sift together the flour, cornstarch, baking powder, and salt; cut in the shortening with two knives; add the milk to the egg and use in mixing the dry ingredients to a dough that cleans the mixing bowl. Turn out on a slightly floured board, roll the dough in the flour to coat it lightly, knead slightly, pat and roll into a sheet about three eighths of an inch thick. Cut into rounds with a fluted patty cutter; dip the cutter in boiling water each time before use (to get a sharp, clean cut). Bake in a quick oven. Split and spread both sides with butter. Put the two halves of each biscuit together with the prepared berries and pile more berries on top. Finish with whipped cream. To prepare the berries, hull, wash, and drain, cut in halves, and let stand some time mixed with the sugar; stir occasionally to facilitate the melting of the sugar. Part of the berries may be mashed to a paste with the sugar and be used as a sauce.

STRAWBERRY SHORTCAKE

2½ cups flour
½ cup cornstarch
6 teaspoonfuls baking powder
1 teaspoonful salt
½ cup shortening (scant)
1½ cups milk (about)
2 baskets strawberries
2 cups sugar

Work the shortening into the dry ingredients, mix to a *soft* dough with the milk. Spread the dough in two buttered layer-cake pans. Bake in a quick oven. Spread with butter. Put the layers together with sugared berries between and above. Serve with a pitcher of hot Marshmallow Sauce (Page 201).

PEACH SHORTCAKE

Prepare and bake a rich biscuit mixture as for strawberry shortcake. Spread one layer, well buttered, with pared peaches, sliced and mixed with sugar; set the second layer in place, and cover with more of the prepared peaches. Dispose halves of choice peaches around the edge, dredge them with sugar, then pipe a rosette of whipped cream in the hollow of each half peach.

BLACKBERRY SHORTCAKES

2 baskets blackberries
1½ to 2½ cups granulated sugar
2 cups pastry flour
½ teaspoonful salt
4 teaspoonfuls baking powder
Butter for spreading
⅓ cup shortening
Milk as needed

Wash and drain the berries, sprinkle on the sugar, mix, crushing somewhat, and set aside while the cakes bake. For the cakes, sift together the salt, flour, and baking powder, cut in the shortening, add milk and mix with the knife to a soft dough. With the mixing knife turn the dough upon a floured board; turn it in the flour to coat it a little, then knead slightly, and roll into a sheet about three fourths an inch thick, and cut into rounds. Bake about fifteen minutes. Pull the biscuits apart, and spread each half generously with creamed butter. Put berries between and above the halves of each biscuit, and serve at once.

INDIVIDUAL STRAWBERRY SHORTCAKES, CITY STYLE

Bake sponge cake in a shallow pan to make a sheet about an inch (less rather than more) in thickness. When cold, with a sharp, tin cutter stamp out round pieces of cake; spread frosting on the sides of each round, then roll in shredded cocoanut to fill the frosting with cocoanut; set choice strawberries on the top of each round of cake, coat the berries with equal measures of fresh strawberry juice and sugar thickened with gelatine. Use half a tablespoonful of gelatine, softened in two tablespoonfuls of cold water, to a pint of juice and sugar. When ready to serve, pipe whipped cream around the berries and over the edge of the cakes.

GERMAN APPLE CAKE, REVISED

2 cups flour
½ teaspoonful salt
4 level teaspoonfuls baking powder
¼ cup butter
1 egg
1 cup milk
3 apples
3 tablespoonfuls currants
2 tablespoonfuls butter
3 tablespoonfuls sugar
1 egg, well beaten
⅓ cup milk

Sift together the dry ingredients and work in the butter. Beat the egg; add the milk and stir into the dry ingredients. Turn the mixture into a buttered pan. Pare, quarter, and core the apples; cut the prepared quarters in slices and press them, core side downwards, into the top of the dough, making two rows lengthwise of the cake; sprinkle

with the currants and dredge with granulated sugar. Let bake about eighteen minutes, or until nearly done; without moving the cake in the oven, pour over a custard mixture and continue the baking until done. Serve hot at breakfast, luncheon, or supper, or as a hearty dessert at dinner. To make the custard, cream the butter, beat in the sugar, then the egg and milk.

PEACH DUMPLING

Butter a baking dish and fill it with peaches, peeled and cut in slices; sprinkle over them one fourth a teaspoonful of salt and one fourth a cup of boiling water. Sift together two cups of pastry flour, four teaspoonfuls of baking powder, and half a teaspoonful of salt; work in one fourth a cup of shortening and mix to a soft dough with milk (about three fourths cup). Spread the dough over the prepared peaches and set into the oven to bake about half an hour or until well browned. Serve hot with cream and sugar, honey, or syrup.

INDIVIDUAL BABA WITH FRUIT

1 cake compressed yeast
¼ cup lukewarm milk or water
2 cups bread flour
Chopped almonds
4 eggs
2 tablespoonfuls sugar
¼ teaspoonful salt
Grated rind ½ lemon
½ cup and 2 tablespoonfuls butter, softened
¼ cup sliced citron
½ cup raisins, seeded
¼ cup sliced cherries

Crumble the yeast cake into the liquid, mix thoroughly, then stir in enough of the flour to make a

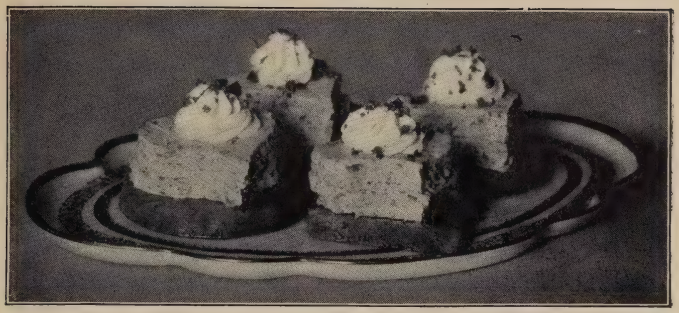
dough. Knead this dough into a smooth ball, cut a cross on the top, half way through the dough, and drop the ball of dough into a bowl of lukewarm water. Butter one dozen small fluted molds, and dredge the butter with chopped almonds. To the rest of the flour add two of the eggs, the sugar, salt, lemon rind, and softened butter (*not* melted). With the hand beat all to a smooth consistency, then add the other two eggs, one at a time, and continue the beating each time until the mixture is smooth. Finally, beat in the fruit and turn the mixture into the prepared molds. Let stand until very light. Bake about twenty minutes. Have ready the sugar and water cooked to a thin syrup; let cool a little, then add the vanilla. When the baba are baked, invert them on a large dish and at once pour the syrup over them. Turn them in the syrup or baste them with it until all is absorbed. Serve hot or cold.

SYRUP

2 cups sugar 1 cup water
1½ teaspoonfuls vanilla extract

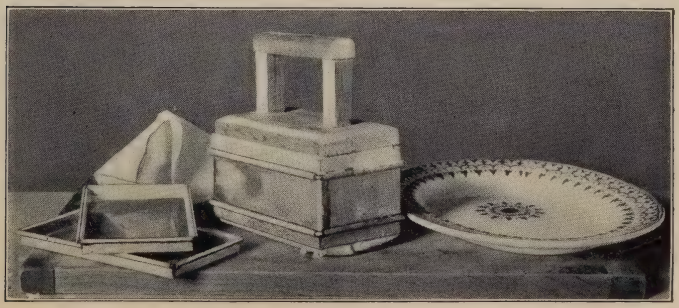
BABA, SAVARIN STYLE

Butter a Turk's-head mold, holding one quart, very thoroughly, sprinkle with chopped almonds and fill with a baba mixture, made as above (without fruit). When very light, bake about half an hour. Turn from the mold and at once turn over it hot rum or Apricot Sauce (Page 200).



Pineapple Dessert, Valentine Style. — *Page 224.*

Pear Bavarian Cream. — *Page 218.*



Removing Ice Cream from Mold with Two Covers. — *Page 230.*

Vanilla Ice Cream, Tea Room Style.
Page 236.

Prune Parfait.

SAVOY PUDDING

1 cup milk
¼ cup butter
½ cup flour
Grated rind 1 lemon
2 tablespoonfuls sugar
1 cream cheese
5 egg yolks, beaten light
5 egg whites, beaten firm

Scald the milk and butter, sift on the flour, stir and cook until the mixture thickens and becomes smooth; add the lemon rind and sugar and the cheese pressed through a potato ricer (there should be half a cup of solid cheese before ricing); mix thoroughly, beat in the egg yolks and fold in the whites. Bake in a buttered dish about forty minutes. Bake as a custard. Serve with currant jelly or Sabayon Sauce (Page 203).

CUSTARD SOUFFLÉ PUDDING

3 tablespoonfuls butter
3 tablespoonfuls flour
1 cup milk
¼ cup sugar
4 egg yolks, beaten light
4 egg whites, beaten firm
¼ teaspoonful salt

Melt the butter; in it cook the flour, add the milk and stir until boiling, add the sugar and the egg yolks, and fold in the whites beaten with the salt. Bake as a custard in a buttered pudding dish about twenty-five minutes. Serve from the dish, as soon as baked, with Creamy (Page 198) or Sabayon Sauce (Page 203).

CHAPTER VII

HOT AND COLD SWEET SAUCES

PLAIN PUDDING SAUCE

2 tablespoonfuls butter
1 tablespoonful cornstarch
½ cup milk
2 eggs, beaten very light
1 cup sugar

MELT the butter; in it cook the cornstarch, add the milk and stir until boiling, let simmer six or eight minutes. Beat the eggs very light, gradually beat in the sugar, then the hot, cooked mixture; let the mixture stand in a dish of hot water while beating in the eggs and sugar, continue the beating over the hot water about five minutes or until hot throughout. Flavor with nutmeg or mace, or half a teaspoonful of lemon, orange, or vanilla extract.

WHITE FLUFFY SAUCE

2 cups rich milk, or half cream
1 cup sugar
1 tablespoonful cornstarch
½ teaspoonful salt
2 egg whites, beaten very light
½ teaspoonful almond or vanilla extract

Scald the milk; sift the sugar, cornstarch, and salt together two or three times, then stir into the hot

milk; continue to stir until the mixture thickens, then cover, and let cook fifteen minutes; gradually fold the hot mixture into the egg white; let stand over warm water until ready to use, and add the flavoring when ready to serve.

VANILLA PUDDING SAUCE

Mix two teaspoonfuls of cornstarch with cold water to a smooth paste; pour on one cup of boiling water and stir until boiling; add one cup of sugar and let boil five mintues; add a teaspoonful of vanilla extract and a tablespoonful of butter and stir until the butter is melted.

CURRANT JELLY SAUCE I

1 cup sugar
⅓ cup water
4 tablespoonfuls currant jelly
Juice ½ lemon

Boil sugar and water five minutes, add jelly and lemon juice, beat until smooth, strain, and use.

CURRANT JELLY SAUCE II

1 cup currant jelly
1 cup boiling water
¼ cup sugar
2 teaspoonfuls potato flour or cornstarch
3 tablespoonfuls cold water
1 tablespoonful lemon juice

Melt the jelly in the water, add the sugar and the flour or cornstarch mixed with the cold water, stir until boiling, let boil ten minutes, add the lemon juice, and strain.

ROYAL SAUCE

Beat one tablespoonful of butter to a cream and beat into it two teaspoonfuls of cornstarch; add one cup of boiling water, half a cup of jam or jelly, and the juice of half a lemon, and stir until boiling; let simmer five minutes, strain, and add a tablespoonful of brandy if desired.

CARAMEL SAUCE (Syrup)

Cook one cup of sugar to caramel, add one cup boiling water, cover, and let stand on the back of the range to melt the caramel. Let boil two or three minutes. Use cold.

MISS WILBUR'S HARD SAUCE

½ cup butter
1¼ cups sifted brown sugar
2 tablespoonfuls cream
1 teaspoonful vanilla extract
½ teaspoonful lemon extract

Cream the butter, gradually beat in the sugar, then add the cream and the extract drop by drop. For variety, replace the extracts with one fourth a cup of sifted date pulp and half a teaspoonful of ground ginger.

CREAMY SAUCE

1 cup sugar
½ cup boiling water
1 egg white, beaten very light
1 cup cream, whipped
½ teaspoonful vanilla

Boil the sugar and water as in making boiled frosting; gradually beat into the egg, beat occasionally until cold, then fold this into the cream and add

the flavoring. (This is also served as a hot sauce; in this case, thinner cream is used and is not beaten. Maple, brown, or granulated sugar may be used.)

COFFEE SAUCE

1 cup hot coffee
3 egg yolks
½ cup sugar
¼ teaspoonful salt
½ cup cream, whipped

Beat the yolks, add the sugar and salt, and cook in the hot coffee until slightly thickened (boiled custard). Let chill and fold in the cream.

BURNT CREAM SAUCE (Hot)

Stir and cook half a cup of sugar to caramel, add two tablespoonfuls of sugar and half a cup of water, cover, and let cook to a thick syrup; add two cups of hot cream.

BURNT CREAM SAUCE (Cold)

Add the syrup prepared as above and chilled, to a pint of thick cream and beat until very light. Chill before using. This is particularly good with frozen pudding, plum and cabinet pudding, also with cottage pudding, boiled rice, and blancmange.

RUM SAUCE FOR BABA AND PLUM PUDDING

2 cups granulated sugar
¾ cup water
½ cup rum

Boil the sugar and water, as in making boiled frosting, about five minutes. Chill slightly, add the

rum. This is enough sauce for baba made with four eggs.

APRICOT SAUCE FOR BABA

1 can apricots
1½ cups sugar

Press the apricots, fruit and syrup, through a sieve with a pestle, add the sugar, and let cook about five minutes. Use hot. This is rather too much sauce for one loaf of baba (four eggs) but not enough for two loaves.

CHOCOLATE SAUCE

(For Ice Cream)

Sift together one fourth a cup of cocoa and one cup and a half of granulated sugar; pour on one cup of boiling water and stir while bringing quickly to the boiling point; let boil five minutes. When cold and ready to use, beat in one teaspoonful of vanilla extract.

CHOCOLATE SAUCE

2 ounces chocolate
½ cup milk
½ cup sugar
1 cup cream
½ teaspoonful vanilla extract

Melt the chocolate; add the sugar and milk and stir until smooth and hot. Chill; beat the cream and vanilla until nearly firm, then gradually beat in the cold chocolate mixture. Serve on hot boiled rice or any hot pudding. The cream should not be beaten too much. It should flow easily from a spoon.

MARSHMALLOW SAUCE I

(For Chocolate Ice Cream)

¾ cup sugar
¼ cup milk
½ pound marshmallows
2 tablespoonfuls boiling water

Boil the sugar and milk, without stirring, until the syrup threads when tested. Wash down the sides of the saucepan, cover and let cook for two minutes, then uncover and cook just as in making boiled frosting. When cooled to blood heat, beat with a spoon until thick and white. Set the saucepan into boiling water and stir until the mixture is thin enough to pour. Stir the marshmallows and boiling water in a double boiler until smooth. Pour the two together and beat thoroughly. Keep warm (but not hot) while in use. The sauce should be perfectly smooth.

MARSHMALLOW SAUCE II

Boil one cup of sugar and half a cup of water, as in making fondant, about six minutes, remove from the fire, and beat in half a pound of marshmallows. Beat until the marshmallows are dissolved. Serve hot.

RASPBERRY HARD SAUCE

½ cup butter
1 cup sugar
2 tablespoonfuls lemon juice
Grated nutmeg

Cream the butter, gradually beat in the sugar, and drop by drop the lemon juice. Pile on a small glass dish; grate a little nutmeg on the top.

HARD SAUCE WITH BROWN SUGAR

½ cup butter
1 cup brown sugar
4 tablespoonfuls cream
2 tablespoonfuls caramel syrup

Cream the butter, beat in the sugar, sifted first, then the cream and syrup, drop by drop. Let chill before using. Maple sugar may be used.

RASPBERRY HARD SAUCE

½ cup butter
1 cup XXXX sugar
1 egg white, beaten light
Raspberry or strawberry juice and pulp to tint and flavor

Cream the butter, beat in the sugar, then the egg white and the fruit juice and pulp, drop by drop. Press the crushed berries through a sieve just fine enough to exclude the seeds.

CREAM PUDDING SAUCE

¼ cup butter
½ cup sugar
2 teaspoonfuls flour
Cold water as needed
1 cup boiling water
½ teaspoonful vanilla

Cream the butter, beat in the sugar; stir the flour with cold water to a smooth mixture that can be poured; add the boiling water and stir until boiling; let simmer five or six minutes, pour very slowly on the butter mixture, beating vigorously meanwhile, then add the extract. The sauce should be very foamy with beating.

YELLOW WHIPPED CREAM SAUCE

2 egg yolks, beaten light
¼ cup sugar
1 cup cream, beaten firm
½ teaspoonful vanilla extract

Beat the sugar into the egg yolks and continue beating while cooking over boiling water; when the egg thickens, beat in cold water until cold, then fold in the cream and vanilla.

COLD SABAYON SAUCE ROYAL

Beat one whole egg and two yolks; add half a cup of sugar and beat again; add half a cup of sherry and stir and cook over hot water until thickened. Add a teaspoonful of lemon juice and let cool. When ready to serve, fold in from half to three fourths a cup of cream, beaten firm. Served with cabinet and other cold custard puddings.

HOT SABAYON SAUCE

Same as above without the cream. Served with custard soufflé and other hot puddings.

CHAPTER VIII

GELATINE DESSERTS

If snow or ice be available, even an elaborate gelatine dish may be completed at short notice. While, for the sake of appearance, the aim in gelatine desserts is to secure a dish of perfect shape, yet when eating properties are taken into consideration, the preference is for dishes of such a consistency that they can not be moved without detriment to their appearance.

PROPORTION OF GELATINE TO LIQUID

Most gelatine on the market is put up in two-ounce packages; a package will jelly two quarts of liquid. If pieces of fruit are to be used in the dish, the quantity of liquid should be cut down somewhat. Granulated gelatine softens very quickly. Allow one cup (four ounces) of water to a package (two ounces) of gelatine. That is, gelatine will take up twice its weight in water. When this water is absorbed, the application of heat will at once liquefy the gelatine. There are four tablespoonfuls of granu-

lated gelatine in a two-ounce package; to know this simplifies the measurement when half or a quarter of a package of gelatine is called for. In some brands of gelatine, the two-ounce package is put up in two envelopes; in others it is put up in four envelopes.

USE OF LEMON JUICE IN FRUIT JELLIES

The characteristic flavor of all varieties of fruit juice is brought out and accentuated by the use of lemon juice. To each pint of fruit juice allow the juice of one lemon.

The fresh flavor of most fruits is impaired somewhat by heat, thus when used with gelatine, dissolve the softened gelatine by setting the dish over hot water; and do not heat the fruit juice. Pineapple contains a vegetable pepsin that digests protein; thus if fresh pineapple juice be mixed with eggs, milk, or gelatine, the pepsin in composition will digest them; this chemical action occasions the liquefying of the gelatine mixture and also renders the dish bitter and unpalatable. To obviate this trouble, scald pineapple pulp or juice before using it with gelatine, eggs, or milk.

GELATINE DISHES WITH WHIPPED EGG WHITES

When a jelly made of fruit juice (or pulp) or milk (plain or with eggs, etc.) and gelatine, on beginning to stiffen, is beaten into egg whites, previously beaten very light, a dish called a "sponge" results. This

dessert dish may be eaten as it is or with whipped cream, custard sauce, canned or sugared fruit.

BAVARIAN CREAMS

Outside of frozen desserts, *Bavarioses* or Bavarian creams are considered the most desirable of sweet dishes. They are a combination of a gelatine mixture and whipped cream. In a perfect specimen of the dish, the gelatine mixture and whipped cream have been folded together at the psychological moment, *i.e.*, when the gelatine mixture is just on the point of "setting." If the combination be made too soon, much of the fluffiness of the cream will be lost before the combination will "hold its shape"; if it be postponed too long, the finished dish will not be smooth, small bits of firm jelly being distributed through the cream.

For good results, ice or snow is necessary to chill the gelatine mixture.

The dish in which the gelatine mixture is set to cool also has a bearing on the success of the finished product. The dish should be of a material that chills quickly; white lined steel or agate, not earthenware. It should be bowl-shaped with sloping sides and no angles to hold gelatine mixture untouched by the spoon in folding.

The gelatine mixture and whipped cream are to be folded over and over until the mixture will "hold its shape." When set into the mold (preferably lined with cake or fruit), the mixture should show

FROZEN APRICOTS. — *Page 245.*

STRAWBERRY CUP. — *Page 249.*

Coffee Parfait. — *Page 250.*

Raspberry Bombe, Alaska Style. — *Page 257.*

creases or folds on the edges and not form one solid mass.

Bavarian creams are often served with sweetened cream, either whipped quite firm or half whipped.

COLD CHARLOTTES

When sweetened and flavored whipped cream or a Bavarian cream is molded with an outer case or covering, the dish is called a Charlotte. If the outer case be of lady fingers, meringues, macaroons, narrow slices of cake, iced or not (sometimes iced in contrasting colors), the name "Charlotte Russe" is given to the dish. When the case is made of sections of fruit or of a macedoine of fruit in a wine or fruit jelly, a Celestine or Macedoine Charlotte results. When a Charlotte has an outer case of one variety of cream with a center of contrasting color or mixture, a Charlotte *à la Surprise* is produced.

LINING MOLDS FOR CHARLOTTE RUSSE

When lady fingers are used to line a mold, trim them to the exact height of the mold, plan to have them stand close together or some uniform distance (as half an inch) apart. The crust side should be set next to the mold, glass or paper cup. If the Charlotte Russe is to be served in the cup, let the untrimmed end of the lady finger stand upward. If the Charlotte is to be turned from a mold, the untrimmed end of the cake should be downward. Set one lady finger in place, dispose a spoonful of the

mixture at the base to hold it in place; set another cake in place and a spoonful of the mixture at the base to hold it; continue until the mold is lined, then complete the filling of the mold with the spoon.

When lining a mold with pineapple for a center of pineapple Bavarian cream, cut the slices in halves crosswise and then split them: they are now just the right size and shape to line an oval Charlotte mold holding five cups.

DOUBLE MOLDING

Turn enough liquid jelly into a mold to cover the bottom half an inch thick. Set in ice water to stiffen. In the center of the mold, on the jelly, set a small mold filled with ice and water; pour in half-set liquid jelly, either plain or with bits of fruit, to fill the space between the two molds. Let stand until set. Remove the ice and water from the inner mold, pour in *warm* water to fill the mold, and *at once* lift it out. Fill the open space with a Bavarian cream, a sponge, or any mixture of contrasting color. Let stand until firm throughout.

UNMOLDING GELATINE DISHES

Immerse the mold of gelatine mixture for an instant in *warm* water. The water must come up on the outside of the mold to the height of the mixture inside the mold. Turn the mold round and round, tipping it forward meanwhile to let air in between the dish and mold; invert on a serving dish and lift off the mold.

RECIPES

LEMON JELLY

1 tablespoonful granulated gelatine
¼ cup cold water
1 cup boiling water
½ cup sugar
½ cup lemon juice

Let the gelatine stand in the cold water until it has absorbed it, add the boiling water, stir until the gelatine is dissolved, add the sugar, and when cooled a little add the lemon juice and turn into a mold. One large lemon will yield one fourth a cup of juice.

LOGANBERRY JELLY

1 tablespoonful granulated gelatine
¼ cup cold water
½ cup boiling water
½ cup sugar
1 cup loganberry juice

Prepare as lemon jelly. Loganberry, raspberry, and grape juice, being pronounced in flavor, may be made without the addition of lemon juice. Strawberry, pineapple, and orange juice are improved by the use of the juice of half a lemon.

CARAMEL BLANCMANGE

1½ tablespoonfuls granulated gelatine
⅓ cup cold water
½ cup sugar
½ cup boiling water
¼ cup sugar
¼ teaspoonful salt
2 cups thin cream
1 cup milk

Soften the gelatine in the cold water. Cook and stir the half cup of sugar over a sharp fire until it is melted and changed to caramel; add the boiling

water and let boil to a thick, smooth syrup. Let cool a little, then add the gelatine, the sugar and salt, and strain into the cream and milk. Turn into molds to harden. Serve unmolded with cream and sugar.

MACEDOINE OF FRUIT IN JELLY

Soften one fourth a package (half an ounce) of gelatine in one fourth a cup of cold water and dissolve in one fourth a cup of boiling water; add one fourth a cup of sugar, the juice of one or two lemons, and enough syrup from canned plums, peaches, or pears, with juice from such fresh fruit as is used, to make two cups in all. Dispose hearts cut from maraschino cherries on the center of slices of banana and set them, hearts downward, to decorate the bottom of individual molds. Squeeze a little lemon juice over the slices of banana as they are cut, to keep them white. Set the molds in ice and water, turn in a teaspoonful of the liquid jelly to hold the fruit in place, then add a little more jelly to cover them completely. To the rest of the gelatine mixture add bits of orange pulp, grapefruit pulp, skinned-and-seeded white grapes cut in halves, and pieces of the canned fruit to equal the quantity of gelatine mixture and use to fill the molds. Serve with or without cream.

JELLIED DATES AND NUTS

1 tablespoonful (½ ounce) gelatine
¼ cup cold water
½ cup boiling water
¼ cup sugar

Lemon or orange juice, or both, to make 2 cups in all
½ cup nut meats
1 cup dates, in quarters

Soften the gelatine in the cold water, dissolve in the boiling water, and add the sugar and fruit juice; let stand in ice and water until the mixture begins to jelly; then add the dates and nut meats and turn into a mold. When unmolded, serve with cream and sugar or boiled custard. To prepare the dates, pour boiling water over them, skim to an agate plate, let heat in the oven, then cut the flesh from the seeds in four lengthwise pieces, each. The "two cups in all" includes the gelatine dissolved in the boiling water.

JELLIED MACEDOINE OF FRUIT

¼ package gelatine
¼ cup cold juice from canned fruit
1½ cups hot juice from canned fruit
Juice 1 lemon
½ cup sugar
1½ cups fruit in small pieces
1 cup cream
3 tablespoonfuls sugar
½ teaspoonful vanilla
Chopped nuts

Soften the gelatine in the cold fruit juice (several varieties of fruit may be used, or simply one kind, as apricots), and dissolve in the hot juice, add the lemon and sugar and stir over ice water until the mixture begins to thicken; add the fruit, mix, and when chilled throughout use to nearly fill stemmed glasses; add the sugar and vanilla to the cream and beat very light; use to fill the glasses and pipe a rosette above, sprinkle with the nuts and set aside to become thoroughly chilled. The fruit mixture should not form a very firm jelly.

MACEDOINE OF CHERRIES, CAKE, AND ALMONDS IN CARAMEL CREAM JELLY

½ package, or 2 tablespoonfuls gelatine
½ cup cold milk
½ cup sugar caramelized
3 tablespoonfuls sugar
3 cups milk, ¼ cup cream } scalded
20 maraschino or candied cherries
24 marshmallows
⅓ cup blanched and sliced almonds
8–10 lady fingers, cut in bits

Soften the gelatine in the cold milk. Add half a cup of water to the caramelized sugar and let cook until reduced to a thick syrup. Dissolve the gelatine in the hot milk and cream, add the caramel syrup and sugar, and stir till the sugar is dissolved. Stir occasionally while chilling in ice and water. Decorate a mold holding a quart with part of the cherries and cut the rest in slices. When the caramel mixture begins to thicken *slightly*, add the sliced cherries, half the marshmallows cut in quarters, and the almonds and lady fingers, and use to fill the mold. When unmolded, garnish with toasted marshmallows. Serve with cream, boiled custard, or Marshmallow Sauce (Page 201).

MOLDED CUSTARD JELLY

1 tablespoonful granulated gelatine
¼ cup cold water
1¾ cups scalded milk
3 egg yolks
½ teaspoonful salt
⅓ cup sugar
½ teaspoonful vanilla

Set the gelatine to soften in the cold water. Beat the yolks, add the salt and sugar, and beat again,

then cook in the hot milk as a boiled custard, add the gelatine, stir until dissolved and beginning to chill, add the vanilla, stir, and turn into a mold. When unmolded, pour over some half-melted fruit jelly, or serve with cream.

JELLIED PRUNES

1 pound prunes, cooked
1 package (2 ounces) gelatine
1 cup cold water
1 cup sugar
½ cup orange marmalade or juice of 1 lemon

Wash the prunes, soak in cold water to cover overnight, and cook until tender; cut each prune in three or four pieces, discarding the stone (there should be about five cups of prunes and liquid); dissolve the gelatine softened in the cold water in the hot prune juice, add the sugar and marmalade, or the lemon juice, stir until beginning to thicken, then turn into a mold. A few blanched and halved almonds improve the dish. Set aside in a cool place. When unmolded, serve with sugar and cream or a boiled custard.

CARAMEL JELLY WITH NUTS

1 tablespoonful granulated gelatine
¼ cup cold water
⅓ cup sugar cooked to caramel
⅓ cup boiling water
¼ cup sugar
¼ teaspoonful salt
1½ cups thin cream
½ cup nut meats broken or chopped

Soften the gelatine in the cold water. Cook the caramel and boiling water to a thick syrup, add the softened gelatine, the sugar and salt, and stir until the gelatine and sugar are dissolved; add the cream (milk or water may be used in place of the cream)

and stir occasionally (over ice water), until the mixture begins to thicken slightly, then add the nuts, stir, and pour into a mold. Serve unmolded with sugar and cream or a boiled custard.

JELLIED APPLES

Pare, quarter, core, and slice enough apples to make a generous quart; dispose these in an earthen baking dish, with sugar, in alternate layers. Use about a cup and a quarter of sugar. Pour in about half a cup of water, cover close, and let bake about three hours in a very slow oven. Have ready one fourth a package of gelatine, softened in one fourth a cup of cold water and dissolved in hot juice poured from the apples, or in one fourth a cup of boiling water; lightly mix the dissolved gelatine through the hot apple and turn into an earthen dish. When cold and jellied, unmold and decorate with cream about half whipped. Serve as a dessert dish, or, without cream, with meat.

BANANA SPONGE

¼ package gelatine
¼ cup cold water
1 cup banana pulp (3–4 bananas)
⅔ cup sugar
Juice 1 lemon
3 egg whites

Garnish

2 or 3 bananas
½ lemon
1 cup double cream
2 tablespoonfuls sugar
¼ teaspoonful vanilla

Soften the gelatine in the cold water; peel and scrape ripe bananas, press the pulp through a sieve or ricer; heat the cup of banana pulp to the boiling point, add the softened gelatine, the sugar and lemon juice; stir over ice water until the mixture begins to thicken, then fold in the egg whites beaten dry. Line a mold with parchment paper neatly; slice the bananas and squeeze over them the lemon juice to keep them from discoloring; dispose these on the bottom and sides of the mold; turn in the sponge. When unmolded, decorate with the cream, sugar, and vanilla beaten firm.

LOGANBERRY SPONGE

¾ tablespoonful gelatine
3 tablespoonfuls cold water
¼ cup hot loganberry juice
⅔ cup sugar
Juice ½ lemon
½ cup cold loganberry juice
2 egg whites, beaten stiff
Whipped cream

Soften the gelatine in the cold water, dissolve in the hot juice, add the sugar, and stir until dissolved; add the lemon juice and cold fruit juice; stir in ice water until beginning to thicken, then gradually beat into the egg whites. Put by spoonfuls into glass cups and finish with whipped cream above.

GRAPE JUICE SPONGE

(To serve 8 to 10 persons)

¼ package gelatine
¼ cup cold water
½ cup hot grape juice
⅔ cup sugar
Juice ½ lemon
½ cup cold grape juice

3 egg whites, beaten light
8 or 10 marshmallows
5 or 6 lemon slices

Soften the gelatine in the cold water, dissolve in the hot grape juice, add the sugar, lemon, and cold grape juice, and stir over ice water until the mixture begins to jelly, then gradually beat into the beaten egg whites. Continue to beat until the mixture will "hold its shape." Have ready a mold decorated with marshmallows cut in halves. Use the grape juice mixture to fill the mold, putting it in by the spoonful. Pipe some of the mixture on the slices of lemon. When ready to serve, unmold the sponge on a serving dish. Garnish with the mixture piped on the slices of lemon. This may be made with other varieties of fruit juice.

PRINCESS PUDDING (Sponge)

½ ounce or ¼ package gelatine
¼ cup cold water
½ cup cherry juice or boiling water
¾ cup sugar
½ cup lemon juice
3 egg whites, beaten light
¼ pound marshmallows
1 cup cooked cherries

Soften the gelatine in the cold water, dissolve in the hot liquid, add the sugar, and stir occasionally until the sugar is dissolved and the mixture cooled, then add the lemon juice. Set the mixture into ice and water and when it begins to stiffen, gradually beat into it the egg whites. Cut the marshmallows into four pieces each, and the cherries into halves or quarters. When the mixture is nearly firm enough to hold its shape, fold in the marshmallows and

cherries, and turn into a mold. When unmolded, garnish with cherries and marshmallows and serve with a soft custard made of the egg yolks, one third a cup of sugar, and a pint of milk. Maraschino, candied, or canned cherries may be used.

SPANISH PUDDING

½ package gelatine
½ cup cold water
3 cups milk
4 egg yolks
½ teaspoonful salt
⅔ cup sugar
3 tablespoonfuls sherry or
1 teaspoonful vanilla
4 egg whites, beaten very light
1 cup double cream
½ teaspoonful vanilla
3 tablespoonfuls sugar

Soften the gelatine in the cold water. Make a soft custard (double boiler) of the milk, egg yolks, salt, and sugar; add the softened gelatine and set to cool in cold water. When the mixture begins to chill, fold in the flavoring and egg whites and turn at once into a mold. The mixture will settle in layers in the mold. When unmolded, garnish with the cream, vanilla, and sugar beaten firm.

VANILLA BAVARIAN CREAM

⅓ package gelatine
¼ cup cold milk
1 cup hot milk
3 egg yolks
⅔ cup sugar
1½ cups cream, beaten light
1 teaspoonful vanilla extract

Soften the gelatine in the cold milk. Make a soft custard of the hot milk, egg yolks, and sugar, add the softened gelatine, and stir in ice and water until *beginning* to set, then fold in the cream and vanilla.

This may be made without the egg yolks. Dissolve the gelatine and sugar in the hot milk and then finish as when the eggs were used.

PEAR BAVARIAN CREAM WITH PEAR JELLY

Jelly

1 cup pear syrup
½ cup lemon juice
⅓ cup sugar
⅓ package gelatine
⅓ cup cold water

Bavarian Cream

1 cup pear pulp
Juice 1 lemon
½ cup sugar
⅓ package gelatine
⅓ cup cold water
1 cup cream, beaten light

Garnish

10 candied cherries
½ cup cream, beaten very stiff
6 chopped pistachio nuts

Drain the syrup from a can of pears. Carefully cut a slice one fourth an inch thick from four half pears. Each slice will have an open space in the round end. Set two of the half pears, round side downward and meeting in the center, in the bottom of a mold holding five cups. Set the other two slices, round side against the mold upright at the center of the two opposite long sides of the mold. Take other thin slices and use them to completely line the mold. Let the round end be down, as the mold will be inverted for serving. Heat the syrup; in this dissolve the gelatine softened in the cold water, add the lemon juice and sugar and let chill. Pour this into

the bottom of the mold standing in ice water. Press the rest of the pears from the can through a sieve and make hot. There should be one cup of purée; add the lemon juice, sugar, and gelatine softened in cold water and stir until the gelatine and sugar are dissolved; stir over ice water, and when beginning to stiffen, fold in the cup of cream beaten stiff and use to fill the mold. When unmolded, garnish with the stiff beaten cream, the sliced cherries, and chopped nuts. Part of the jelly, cut in cubes, may be used as a garnish.

CHOCOLATE MACAROON CHARLOTTE RUSSE

1 cup milk, scalded
½ cup sugar
⅓ package gelatine
⅓ cup cold milk
2 egg yolks
2 tablespoonfuls sugar
¼ teaspoonful salt
6 chocolate macaroons, dried, made fine, and sifted
1 cup double cream
1 cup cream from milk bottle

Add the sugar to the scalded milk, soften the gelatine in the cold milk. Beat the yolks, add the two tablespoonfuls of sugar and the salt, beat again, and stir into the hot milk; add the gelatine and the macaroons and strain into a dish set into ice and water. Stir occasionally and when the mixture begins to thicken, fold in the cream beaten very light. Continue to fold the two mixtures together until the whole will hold in shape. Have ready a mold holding five cups; set a lady-finger macaroon, trimmed to the height of the mold, at one end, rounding side next the mold, and dispose a spoonful of the cream

mixture at its base to hold it in place; in the same manner set a macaroon at the opposite end, another half way between these on each side, and four others at regular distances from those in place, then, using a spoon, finish filling the mold with the cream mixture. When unmolded, decorate with whipped cream and cherries. The half cup of sugar added to the milk may be caramelized, dissolved in one third a cup of water, boiled to a syrup, and then added to the milk; in this case, use three tablespoonfuls of sugar with the egg yolks.

RICE BAVARIAN CREAM

¼ cup rice
½ teaspoonful salt
1½ cups milk
½ cup candied fruit or chestnuts or Sultana raisins or preserved strawberries
¼ package gelatine
¼ cup cold water
½ cup sugar
1 teaspoonful vanilla
1½ cups cream, beaten very light

Blanch the rice, add the salt and milk, and let cook over boiling water until tender and the milk absorbed. Soften the gelatine in the cold water, dissolve by setting the dish into hot water; add to the rice with the sugar and fruit, and stir over ice water until the mixture begins to thicken. Fold in the flavoring and cream. When the mixture will hold its shape, set by spoonfuls into a mold. When unmolded, garnish with the same article that is used in the dish, or leave plain.

CARAMEL CHARLOTTE RUSSE

¼ package gelatine
¼ cup cold water
2 egg yolks
⅔ cup sugar
⅔ cup boiling water
1½ cups cream, beaten light
Almond lady-finger meringues
Whipped cream
Maraschino cherries

Soften the gelatine in the cold water. Beat the yolks, add three tablespoonfuls of the sugar, and beat again. Cook the rest of the sugar to caramel, add the boiling water, cover, and let dissolve; boil till reduced a little; pour over the egg and sugar and stir constantly over boiling water until the mixture thickens slightly; add the softened gelatine; stir over ice water until beginning to thicken; then fold in the cream. Use to fill a mold lined with plain or almond lady-finger meringues. See "Lining Molds for Charlotte Russe", and "Meringues." Garnish with whipped cream and cherries.

RHUBARB BAVARIOSE, CHARLOTTE STYLE

½ package gelatine
1 cup cold water
1½ cups hot cooked rhubarb
2 tablespoonfuls orange marmalade
1½ cups cream, beaten very light
Lady fingers

Soften the gelatine in the cold water, dissolve in the hot rhubarb, add the marmalade, and stir over ice water until beginning to "set", then fold in the cream. Turn into a mold lined with lady fingers.

COOKED RHUBARB FOR BAVARIOSE

Cut pink, tender stalks of rhubarb in half-inch lengths. Use a pound of sugar to a pound of stalks;

let cook slowly (without water) until the rhubarb is tender.

CHESTNUT BAVARIAN CREAM

⅓ cup Sultana raisins
¼ cup preserved chestnuts
¼ cup chestnut purée
Chestnut syrup
1 tablespoonful gelatine, ¼ package
¼ cup cold water
1 cup cream, beaten light
1 teaspoonful vanilla, if needed
Preserved chestnuts and cherries
Sugar as needed

Homemade chestnut preserves are suitable for this dish. Cook the raisins in boiling water until tender and the water nearly evaporated. Cut whole chestnuts in pieces, or use the broken nuts; press enough chestnuts through a sieve to get the purée. There should be one cup of pieces of chestnut, purée, and syrup from the preserves. Decorate a mold with slices of maraschino cherries and preserved chestnuts. Soften the gelatine in the cold water, melt over boiling water, add the raisins, a few bits of cherry, and the cup of chestnut mixture and sugar, if needed. Stir over ice water until beginning to "set", then fold in the cream and dispose in a mold.

CHOCOLATE BAVARIAN CREAM

2 ounces chocolate
⅔ cup sugar
⅓ cup boiling water
⅓ package gelatine
⅓ cup cold water
1 teaspoonful vanilla extract
1½ cups cream, beaten light
Narrow strips of cake or lady fingers

Melt the chocolate over hot water, add the sugar and water, and stir until boiling. Soften the gelatine in the cold water and dissolve in the hot choco-

late mixture, set the dish in ice and water, and stir until cold and beginning to thicken; then add the vanilla and gradually fold in the cream. Line a quart mold with the cake, leaving a narrow space between the portions of cake, dip the mixture into the mold by the large spoonful, and set aside to become chilled. Serve, turned from the mold, with or without whipped cream and cherries. For variety use narrow, thin strips of cake iced alternately with white and chocolate icing.

PRUNE BAVARIAN CREAM

1½ cups cooked prunes with juice
⅓ package gelatine
⅓ cup cold water
¼ cup orange or grapefruit marmalade
½ lemon, juice
⅔ cup sugar
1½ cups cream

Garnish

½ cup cream
Cooked prunes

Cut the prunes from the stones in small pieces. Soften the gelatine in the cold water and dissolve in a little of the prune juice (from the cup and a half) made hot for the purpose; add the marmalade (cut the peel very fine), lemon juice, and sugar; set in ice and water and stir occasionally until the mixture begins to stiffen, then fold in the cup and a half of cream beaten very light and turn into a mold. Serve unmolded, garnished with the half cup of cream beaten firm and halves of prunes.

SURPRISE CHARLOTTE (Fruit)

½ package gelatine
½ cup cold water
1 cup boiling water
⅔ cup sugar
2 cups loganberry or raspberry juice
1 cup cream
3 tablespoonfuls sugar
1 cup fresh raspberries or loganberries

Soften the gelatine in the cold water, dissolve in the boiling water, add the sugar and fruit juice. Use to line an oval Charlotte Russe mold. See "Double Molding." When the central mold is removed, fill the open space with the cream beaten and mixed with the berries and sugar.

SURPRISE CHARLOTTE

½ package gelatine
½ cup cold water
2 cups hot milk
1½ cup hot boiled rice
½ cup sugar
1 cup cream, beaten light
1 cup French candied fruit, cut fine
3 tablespoonfuls sugar
½ teaspoonful vanilla

Soften the gelatine in the cold water, dissolve in the hot milk, add the rice and sugar, and use, when chilled, to line an oval Charlotte Russe mold. See "Double Molding." When the inner mold is removed, fill the space with the cream mixed with the fruit and vanilla. The fruit should be covered with hot sugar syrup and left to stand overnight. Drain off the syrup before use.

PINEAPPLE DESSERT, VALENTINE STYLE

(Bavarian Cream)

Cut the slices in a can of pineapple into heart shapes; have the shapes as large as the slice will

allow. Chop the trimmings fine; add liquid from the can to make one cup in all. Soften one fourth a package of gelatine in one fourth a cup of cold water, and dissolve in the cup of chopped pineapple, made hot for the purpose; add three fourths a cup of sugar, the juice of half a lemon, and color paste to tint a pink shade. In the packages of most varieties of gelatine means of tinting this color will be found. Stir the mixture over ice and water until it begins to thicken, then fold in one cup of cream beaten firm. Turn into an agate dish to make a sheet about three fourths an inch thick. Set aside in a cool place until firm. Unmold on paraffin paper. Dip a heart-shaped cutter (of a size smaller than the shapes cut from the slices of pineapple) into boiling water and use in cutting pink hearts from the pineapple gelatine mixture. Set these above the pineapple. Beat one cup of double cream, one fourth a cup of sugar, and half a teaspoonful of vanilla until firm, and use to pipe a star on the top of each portion. Sprinkle the whole with chopped pistachio nuts.

BAVARIAN CREAM, ST. EMILLION STYLE

Bake a sponge cake in a round sponge-cake pan with straight sides but without a tube in the center. Cut out the center of the cake to make a case with half-inch walls below, on the sides, and the edge of top. Fill the case with any variety of Bavarian cream, return a thin piece of the cake to the top, to duplicate the cake before it was cut. Cover the

top and sides of the cake with mocha or vanilla flavored butter icing, and finish with the same icing put on with pastry bag and tube. Chill thoroughly before serving. Cut as a cake. (See illustration of "Potato Torte.")

TWO SIMPLE DESSERTS WITHOUT GELATINE

CHOCOLATE JUNKET

1 ounce chocolate, melted
3 tablespoonfuls boiling water
¼ cup granulated sugar
1 quart rich milk
¼ cup granulated sugar
1 teaspoonful vanilla, if approved
1 junket tablet
1 tablespoonful cold water

Add the first measure of sugar to the chocolate with the boiling water and stir and cook over the fire to a smooth paste (use another tablespoonful of water if needed); add to the milk with the sugar and vanilla. Crush the junket tablet and dissolve in the cold water, then stir into the prepared milk. If the milk is not at a lukewarm temperature, less than 100° F., heat it slightly before stirring in the tablet; pour the mixture into glass cups, cover, and let stand in a warm place until like jelly; chill before serving.

CHRISTMAS CHARLOTTE RUSSE

(To serve 5 or 6 persons)

1 cup double cream
½ cup cream from quart jar of milk
⅓ cup sugar
½ teaspoonful vanilla
6 lady fingers cut in small squares
1 slice chocolate cake cut in small squares
½ dozen candied or maraschino cherries cut in slices

Mix the cream, sugar, and vanilla and beat until quite firm. Take out part of the cream for piping. Through the rest of the cream mix the cake squares and cherries. Use the mixture to fill tall glasses. Pipe the plain cream above and garnish with whole cherries.

CHAPTER IX

FROZEN DESSERTS

THE practice of serving beverages cooled with ice and snow in hot seasons is of very great antiquity. But it was not until 1660 that frozen fruit juices and other manufactured ices were known in Europe. Italy is called the cradle of the ice workers' art, but to the French belongs the credit of perfecting the art. A well-made and carefully served ice is thought to be the consummation of all that is delicate and choice in food. In the making of ices, the two things to be considered are the preparation of the ingredients to be frozen, and the actual freezing of them. Neither of these processes is at all difficult; the preparation of the materials calls for no processes that have not already been considered in other branches of the dessert service, and the freezing is a strictly mechanical process. Salt mixed with ice creates a temperature much lower than that of ice itself, and a liquid coming in close contact with the salt mixture is soon turned to a solid.

THE FREEZING PROCESS

The preparation for some ices is simply buried in a mixture of crushed ice and salt and left there until frozen; others are turned into a can which sets in a

socket in the bottom of a wooden tub. The wooden tub holds ice and salt. The can turns in the socket. In the can are rotary paddles which, when a handle is turned, throw the preparation against the sides of the can and scrape it off. The sides of the can, being in direct contact with the ice and salt, chill the mixture rapidly, and in time it becomes frozen.

TIME OF FREEZING

Preparations packed in molds and buried in ice and salt cannot be frozen as quickly as those that are revolved in a freezer. The latter will freeze in twenty to thirty minutes, while the former will take three hours or longer. Sometimes the two preparations are combined in a mold; the mold is lined with a frozen mixture; the center is filled with an unfrozen preparation, which in turn is covered with more of the frozen mixture; and the mold packed in ice and salt. These ices (called Bombes) need to stand a little more than an hour in order that the center be well frozen.

PROPORTIONS OF ICE AND SALT

To freeze a mixture in a patent freezer, use one measure of salt to three measures of crushed ice. To pack unfrozen mixtures, use equal measures of ice and salt. Bombes with frozen exterior and unfrozen interior may be packed the same as for freezing in a patent freezer. All mixtures must be repacked when the ice floats on the water. Frozen mixtures may

be kept for future use packed in a fireless cooker with ice and no salt.

CARE OF ICES AFTER FREEZING

When it becomes difficult to turn the crank of the freezer, the mixture is probably frozen. Carefully wipe off the cover of the can, and see that no salt or ice can drop into the can when it is opened. Remove the cover and the dasher. With a long-handled wooden spoon or paddle, scrape the frozen mixture from the sides of the can and beat all together thoroughly. If the ice is to be served from the can, replace the cover; draw off the water and repack the tub with ice and salt; cover the top with heavy cloth or newspaper to exclude all air. If the mixture is to be served from a mold, pack it at once in the mold, filling the mold to overflow. Spread paper over the mixture and press the cover down over the paper, which should extend beyond the mold on all sides. Molds with two covers are easily unmolded. By taking off one cover, and setting a block of wood that just fits inside the mold upon the top of the ice, it may be pressed through the mold on to the plate without recourse to water; this insures a good looking exterior. With fancy molds of one cover, rinse off the covered mold under the cold-water faucet; the difference in temperature between the freezing mixture and the cold water is enough to loosen the frozen mixture from the mold. If the dish is not to be garnished, unmold on a lace paper.

VARIETIES OF ICE CREAM

Ices should be the general term; then cream ices would be frozen dishes made with a cream foundation, and water ices those with a foundation of sugar and water syrup, but this rendering is not generally received in this country. At least, the popular nomenclature is ice cream and water ices. The foundation of all ice creams served in England and continental Europe is what is popularly known as "boiled custard." Such ice cream is known as Neapolitan, and sometimes as French ice cream. In this country, some years ago at Philadelphia, an ice cream made of pure cream (without eggs) was experimented with and immediately became a successful rival of the foreign preparation. All the ice creams made are variations of either one or the other of these two "creams."

In French ice cream the number of yolks used to a quart of milk, or thin cream, varies from six to twelve (or sixteen, according to Escoffier). One cup of sugar is allowed for each quart of milk, and from one third a cup to a full cup to each dozen of yolks. The method of preparation is always the same; beat the yolks, add the sugar, and beat until a little of the mixture lifted with a spoon will flow from the spoon in a continuous "ribbon." Dilute, little by little, with the hot milk (scalded in a double boiler), stir until smooth, then return to the boiler and let cook over hot water, stirring constantly, until the

mixture lightly coats the spoon. Strain at once into a cool dish and beat occasionally until cold. Add the flavoring and freeze. Some form of starch cooked in the milk twenty minutes may replace part of the yolks. Do not add the yolks until the starch is cooked.

COUPES

Glass cups, either short or long stemmed but preferably the latter, are used for these ices. Either one variety of ice (cream or water) or several are used, combined with sweetened and flavored whipped cream (Chantilly cream), fresh or candied fruits, or both.

SUNDAES AND COLLEGE ICES

Sundaes and college ices are commonly served in cups, often low and broad and of silver plate. The general make-up is vanilla ice cream with a sauce. The sauce is sometimes replaced by a crushed fruit and sugar mixture. There are many variations of this general idea; as chocolate cream ice is often served with two sauces, marshmallow and chocolate.

BOMBES

Bombes were originally made in spherical molds; the molds were in two parts, but the parts were difficult to handle when filled, and latterly the melon mold is used more commonly for these ices. The prettiest effects are produced when the mold is lined with a bright-colored sherbet (strawberry,

raspberry, loganberry) and the center is a white charlotte russe or parfait mixture. When packing frozen or unfrozen mixtures in molds to be surrounded with salt and ice, the molds must be filled to overflow, that no room be left for salt and water to enter.

MOUSSES AND PARFAITS

The name Parfait was formerly applied to a coffee and egg mixture lightened with whipped cream and frozen without stirring, "*café parfait.*" At the present time, parfait has become the common name for all similar preparations frozen in molds unlined with other ices. As far as we know, the terms mousse and parfait are synonymous.

BISCUIT GLACÉ

Biscuit glacé is practically a form of parfait, molded in small paper cases, the top of which before serving is sprinkled with dried and sifted macaroon crumbs or browned, fine-chopped almonds or other nuts. The parfait is always yellow in color from egg yolks and is flavored with vanilla or wine. For freezing, the cases are packed in layers in molds, with paper between the layers. The can of the freezer may be used as a receptacle for packing the biscuit, but is not as convenient as a receptacle less high.

FROZEN PUDDING

Neapolitan cream is usually selected as the foundation for a frozen pudding. Into this, when frozen,

is stirred whipped cream and many candied fruits in bits with Sultana raisins, currants, and nuts. The fruit and nuts are soaked several hours or overnight in wine or a rich syrup, either of which will keep them soft. A melon mold is used for molding; the mold is often lined with lady fingers soaked, but only for an instant, in the same manner as the fruit. A frozen pudding is served with a sauce or with whipped cream, sweetened and flavored.

SHERBETS OR WATER ICES

Water ices are composed of fruit juice and sugar or sugar syrup. A little gelatine is added to give body to the ice, and also to delay its melting. The juice of a lemon is commonly added to each quart of mixture as a help in accentuating the particular fruit flavor used. In raspberry sherbet, half a cup of currant juice is an addition well worth trying. A mixture that is oversweet does not freeze easily, and where sherbets are made in quantity, the preparation is usually tested with a syrup gauge. When ready to freeze, the syrup gauge should register 20°. In practice this can be approximated very nearly by boiling one quart of water and one pint of sugar twenty minutes, and when cold adding to the syrup one pint of fruit juice with the juice of one lemon. When making lemon sherbet, the boiling of the syrup should be shortened to fifteen minutes, and the quantity of lemon juice be reduced to one cup. A quart of water and a pint of sugar boiled twenty

minutes should yield about two cups and a half of syrup at 20° by the gauge.

RECIPES

JUNKET ICE CREAM (Vanilla)

(To serve 40 persons)

1 gallon whole milk
1 quart cream
1 quart sugar
4 tablespoonfuls vanilla
4 junket tablets
4 tablespoonfuls cold water

JUNKET ICE CREAM

(To serve 10 persons)

1 quart whole milk
1 cup cream
1 cup sugar
1 tablespoonful vanilla
1 junket tablet
1 tablespoonful cold water

Turn the milk, cream, sugar, and vanilla into the can of the freezer; crush the junket tablets, mix with the cold water, and stir into the mixture in the freezer; continue to stir until the sugar is dissolved, then put the dasher in place and set the can on the back of the range or in a pan of lukewarm water; the mixture must not be heated higher than 90° F. When the mixture has jellied, set it into cold water to chill, then pack in the freezer, add salt and crushed ice, and freeze. The expense is lessened when it is possible to freeze the mixture with snow, or ice made by setting a pan of water outside the house. The ice cream may be varied with fruit sauces or with caramel or chocolate sauce.

CARAMEL ICE CREAM (Junket)

¾ cup sugar cooked to caramel
½ cup boiling water
1 quart milk
1 cup cream
½ cup sugar
1 junket tablet
2 tablespoonfuls cold water

Pour the boiling water over the caramel; when the steam subsides, stir and let boil, covered, to form a syrup. Add to the milk and cream; add also the sugar and stir in the tablet, crushed and dissolved in the cold water. Turn into the can of the freezer and let stand in a warm place (not over 90° F.) until the mixture jellies; freeze as usual.

COFFEE ICE CREAM (Junket)

4 cups milk
1½ cups cream
1 cup strong, fresh-made coffee
1¼ cups sugar
1 junket tablet
3 tablespoonfuls cold strong coffee

Prepare according to the directions for junket ice cream. Half a cup of coffee extract may replace the fresh-made coffee. Dissolve the crushed tablet in the three tablespoonfuls of coffee.

CHOCOLATE ICE CREAM, TEA ROOM STYLE

3 ounces chocolate
3 tablespoonfuls granulated sugar
3 tablespoonfuls boiling water
1 quart milk
1 cup double cream
1 cup sugar
1 tablespoonful vanilla
1 junket tablet
1 tablespoonful cold water

Melt the chocolate, add the small measure of sugar and boiling water, and stir over the fire until smooth and boiling; add to the milk and cream and finish

as any junket ice cream. To serve, put a serving of cream in a glass or silver cup, pour on a spoonful of chocolate sauce, then a spoonful of marshmallow sauce. Both sauces should be kept slightly warm for serving.

PHILADELPHIA ICE CREAM (Vanilla)

5 cups thin cream — 1 cup sugar
1 tablespoonful vanilla extract

Mix all together and freeze. If desired, the cream and sugar may be scalded and chilled before adding the vanilla and freezing. The unscalded cream gives an ice of fluffy texture, the scalded cream one of closer grain.

STRAWBERRY OR PEACH ICE CREAM

5 cups thin cream — 3 cups sugar
5 cups fruit pressed through a potato ricer

Mix the fruit pulp and juice with the sugar, stir until dissolved, turn into the can of the freezer; add the cream and freeze at once. To prepare the fruit, hull and wash the berries, and press them through a potato ricer; if the seeds are objectionable, strain the pulp through a cheesecloth after using the potato ricer. Pare peaches and remove the stones, then press through the ricer.

STRAWBERRY ICE CREAM I

1 quart cream — Juice ½ lemon
1 cup sugar — 1 pint strawberry juice
1½ cups sugar

Mix the cream and cup of sugar and turn the crank of the freezer until the mixture is partly frozen; add the fruit juice, mixed with the cup and a half of sugar, and finish freezing. Let stand an hour or two before serving, to ripen. The quantity of berries needed to secure the measure of juice indicated varies. As purchased at market two baskets of berries would be the average. The berries may be put through a vegetable or potato ricer and then strained through a cheesecloth, to exclude seeds. To mix the berries with the sugar and set them aside for an hour or two facilitates the removal of the juice.

STRAWBERRY ICE CREAM II

1 basket strawberries
1½ cups sugar
2 cups milk
1 cup sugar
½ teaspoonful salt
1 cup double cream
1 cup thin cream
1 tablespoonful cornstarch

Hull, wash, and drain the strawberries; add the sugar and mix thoroughly; crush and let stand an hour or longer, then press through a sieve fine enough to hold back the seeds. Scald the milk, sift the cornstarch, sugar, and salt together three or four times, then stir into the hot milk; continue to stir until the mixture thickens a little, then cover and let cook twenty minutes, stirring occasionally; add the cream, stir, and let become scalded, then set aside to chill. Begin to freeze in the usual manner; when half frozen add the strawberry syrup and finish freezing.

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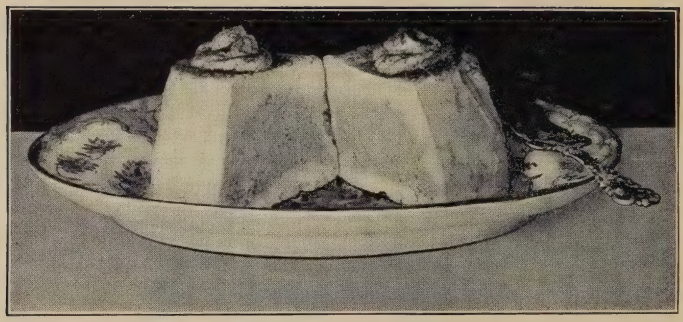

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RICH CHOCOLATE ICE CREAM

1 quart milk
6 egg yolks
1½ cups sugar
½ teaspoonful salt
4 (ounces) squares chocolate
1 teaspoonful cinnamon
1½ tablespoonfuls vanilla extract
1 pint cream

Scald the milk. Beat the yolks; add one cup of the sugar and beat again; add the salt and stir and cook in the hot milk until the mixture thickens slightly; have ready the chocolate, melted and cooked with the half cup of sugar and enough boiling water to make a smooth paste; dilute the chocolate with a little of the hot custard, stir until smooth, then add to the rest of the custard, and strain into a cold dish. When cold, add the cream, the cinnamon and vanilla, and freeze in the usual manner.

CHOCOLATE ICE CREAM (Philadelphia)

4 cups thin cream
2–3 ounces chocolate
1 tablespoonful vanilla
1 cup sugar
¼ cup hot milk

Melt the chocolate, add two or three tablespoonfuls of the sugar and the hot milk (or water), and stir until smooth and boiling; add the rest of the sugar and when dissolved and cold, add to the cream with the vanilla and freeze.

PHILADELPHIA ICE CREAM, CARAMEL

4 cups thin cream
⅔ cup sugar cooked to caramel
½ cup boiling water
⅓ cup sugar

Add the boiling water to the caramel; cover and when dissolved, boil to a syrup; add the sugar and when dissolved, cool; add the cream and freeze.

CUSTARD ICE CREAM WITH GELATINE

In place of the cornstarch and four tablespoonfuls of cold milk given in the preceding recipe, use one tablespoonful of granulated gelatine and half a cup of cold milk. Soften the gelatine in the cold milk and dissolve it in a custard made with the other materials.

NEAPOLITAN ICE CREAM

4 cups thin cream or rich milk
6–12 egg yolks
1–2 cups sugar
1 tablespoonful vanilla extract

Use these ingredients in making a soft custard; when cold, add the extract and freeze. For six yolks allow a cup of sugar, for twelve yolks, two cups of sugar; for yolks between these numbers, apportion the sugar accordingly.

PLAIN NEAPOLITAN ICE CREAM

1 quart rich milk
2 tablespoonfuls cornstarch
4 egg yolks
1 cup sugar
1 tablespoonful vanilla

Put the milk over the fire in double boiler. Moisten the cornstarch with a little cold milk, add to the hot milk, and stir until it begins to thicken. Cover and let cook fifteen minutes. Beat the egg yolks, add the sugar, and beat together until light;

then add to the hot milk. Stir and cook until the egg is set, take from the fire, and when cold add the vanilla and freeze.

FROZEN CUSTARD

3 cups milk
1 cup cream
6 egg yolks
½ teaspoonful salt
1¼ cups sugar
1 tablespoonful vanilla
Dry macaroons, rolled and sifted

Scald the milk and cream over boiling water; beat the egg yolks, add the salt, and beat in the sugar; pour a little of the hot milk on the eggs and sugar, mix thoroughly, add milk and mix again, then stir into the hot milk; stir constantly until the froth disappears and the mixture coats the spoon slightly. Strain into the can of the freezer, set the can into cold water, and stir until beginning to cool. When cold, add the vanilla and freeze. Serve in glasses with the macaroon crumbs sifted over the top.

NEAPOLITAN OR CUSTARD ICE CREAM (Vanilla)

1 quart rich milk
1 cup cream
2 teaspoonfuls cornstarch
4 tablespoonfuls cold milk
4 egg yolks
1¼ cups sugar
½ teaspoonful salt
1 tablespoonful vanilla

Scald the milk and cream in a double boiler. Mix the cornstarch with the cold milk and stir into the hot milk; continue to stir until the mixture thickens slightly. Cover and let cook fifteen minutes; beat the egg yolks, add the sugar and salt, and beat again; dilute with a little of the hot mixture, stir into the

rest of the mixture, continue to stir until the egg is cooked. When cold, add the vanilla and freeze.

ONE GALLON GRAPE JUICE SHERBET

(To serve 30 persons)

2½ quarts water
5 cups sugar
3 teaspoonfuls gelatine
5 cups grape juice
1¼ cups lemon juice
¼ cup cold water

Boil the water and sugar twenty minutes; add the gelatine softened in the cold water and stir until dissolved, then let cool; add the fruit juice and freeze as usual.

STRAWBERRY SHERBET

1 quart water
2 cups sugar
1 teaspoonful granulated gelatine
3 tablespoonfuls cold water
2 cups strawberry juice
1 lemon, juice only

Boil the water and sugar rapidly twenty minutes; add the gelatine, softened in the cold water, and let chill; add the strawberry and lemon juice and let freeze, using three measures of ice to one of salt. To secure the strawberry juice, hull, and if necessary wash, the berries; crush them with a pestle or potato ricer, then strain through a cheesecloth, pressing out all the juice possible and retaining the seeds in the cloth. If the seeds are not objectionable, the pulp and juice need not be strained after the berries have been pressed through the ricer. Many seeds will adhere to the ricer.

RASPBERRY SHERBET

Prepare as strawberry sherbet, but always strain through the cheesecloth as the seeds are very objectionable. Lemon juice may be omitted.

PEACH SHERBET I

Boil one quart of water and two cups of sugar twenty minutes; let cool and add one cup and a half of peach pulp and juice, half a cup of orange juice and the juice of one lemon, and freeze as usual. To get the peach pulp, pare the peaches, remove the stones, and press the pulp through a potato ricer; at once squeeze over it the lemon and orange juice to keep it from discoloring. Peach sherbet may be made without the orange juice, but lemon juice is needed to bring out the flavor of the peaches.

PEACH SHERBET II

1 quart water
2 cups sugar
1 pint peach pulp and juice
Juice 2 lemons

Prepare as Peach Sherbet I.

LEMON SHERBET

1 quart water
2 cups sugar
1 teaspoonful granulated gelatine
2 tablespoonfuls cold water
1 cup lemon juice

ORANGE SHERBET

1 quart water
2 cups sugar
1 teaspoonful granulated gelatine
2 tablespoonfuls cold water
2 cups orange juice
Juice 1 lemon

PINEAPPLE SHERBET

1 quart water
2 cups sugar
1 can grated pineapple
Juice 2 lemons
1 teaspoonful granulated gelatine
2 tablespoonfuls cold water

Boil the sugar and water fifteen minutes; add the pineapple, let cook five minutes; when cold, strain through one thickness of coarse cheesecloth, pressing out all juice possible; add the gelatine dissolved over hot water and finish as usual. This may be made without straining.

SICILIAN SHERBET

1 can peaches
2 cups sugar
1 cup water
2 cups orange juice
¼ teaspoonful almond extract
½ teaspoonful rose extract
½ teaspoonful lemon extract
1 white of egg
2 tablespoonfuls sugar

Drain the juice from the peaches and press the fruit through a sieve. Take one cup of the juice and one cup of the pulp; if there be more juice and pulp, take more of the rest of the ingredients, in the proper proportion. Boil the sugar and water, as in making fondant, to the thread degree; let cool, then add the fruit juice and extracts, and begin to freeze. When nearly frozen, add the egg white, beaten firm and mixed with the sugar, and finish freezing.

THREE-OF-A-KIND SHERBET I

Mix the juice of three lemons, three oranges, and the pulp of three bananas, pressed through a

ricer, with three cups of sugar; then add five cups of rich milk and one cup of cream, and freeze.

THREE-OF-A-KIND SHERBET II

Boil one quart of water and one pint of sugar twenty minutes; let cool, then add the juice of three oranges, three lemons, and three bananas pressed through a ricer. When partly frozen, add the whites of two eggs, beaten light and mixed with one fourth a cup of granulated sugar, and finish freezing.

CRANBERRY SHERBET

1 quart water
2½ cups sugar
1 quart cranberries
1 cup boiling water
Juice 1 lemon

Cook the quart of water and two and a half cups of sugar twenty minutes, then let cool. Cook the cranberries and cup of water until the berries are softened and broken, then press through a sieve — there should be one pint of liquid and pulp. Add the lemon juice and syrup and strain through a cheesecloth. When cold, freeze as sherbet.

FROZEN APRICOTS (Sherbet)

Remove the skins from the apricots in a can and cut the flesh in very small pieces; add the syrup from the can, two cups of sugar, and one quart of cold water; stir until the sugar is dissolved, then freeze as usual. Serve in glasses, with a bit of whipped cream above; sprinkle the cream with

fine-chopped pistachio nuts. Blanch the nuts before chopping.

LOGANBERRY MILK SHERBET

1 pint loganberry juice
Juice 4 lemons
4 cups sugar
2 quarts rich milk

Mix the fruit juice and sugar, chill thoroughly, add the milk, and freeze at once.

MILK SHERBET WITH DECORATION

1½ cups sugar
Juice 4 lemons
1 quart rich milk

Stir the sugar and juice together; pour on the milk and freeze at once. Serve in glass cups with a cherry and a sprinkling of nuts on the top.

RASPBERRY MILK SHERBET

1 quart milk
1 pint raspberry juice
Juice 1 lemon
1½ cups sugar

Pack the can of the freezer in the ice and salt, turn in the milk, mix the sugar with the fruit juice, add to the freezer, and freeze at once.

FROZEN STRAWBERRIES AND CREAM

(To serve 8 persons)

1 cup sugar
⅔ cup boiling water
1 quart very ripe strawberries
½ teaspoonful gelatine
2 tablespoonfuls cold water
1 cup cream, beaten light
¼ cup sugar

Melt the sugar in the boiling water and let heat to the boiling point; add the berries (hulled) and let

boil five minutes; add the gelatine softened in the cold water and let chill. Pack for freezing, and when half frozen, add the cream mixed with the sugar, and finish freezing.

FROZEN CANNED PEARS

Remove the paper from a can of choice pears, and pack the can in salt and crushed ice, using equal measures of each. Let stand about one hour and a half; then with a can opener cut around the can, about an inch below one end, take off the top of the can, and remove the contents. Surround with a pint of sweet cream, mixed with one third a cup of sugar, and a teaspoonful of orange or vanilla extract, beaten quite light. In the time mentioned, the salt and ice being proportioned as above, the pears will be frozen quite firm. If the can is to stand longer before being served, cut down the quantity of salt. The dish is at its best if not frozen too hard.

FROZEN CANNED PEARS AND PINEAPPLE

Add a cup of sugar to the liquid in a can of pears and a can of pineapple; heat to the boiling point; then let chill; add the slices of pineapple cut in quarters and the halves of the pears, and turn into a pail that may be closed securely; finish as Frozen Pears.

CARAMEL AND NUT CUP

Put a tablespoonful of caramel syrup in a glass cup, dispose above it a serving of junket ice cream, pour

on a tablespoonful or two of caramel syrup, and sprinkle the whole with chopped nut meats. Allow the meat from one English walnut or two pecan nuts for each service. Maple syrup may be used in place of caramel syrup. These are some of the simplest and best ways of serving a vanilla ice cream.

POMPADOUR CUP

Put a tablespoonful of tutti-frutti preserves or a macedoine of fruit, sugared, into the bottom of glass cups; above dispose, side by side, portions of raspberry sherbet and pistachio ice cream. Pipe whipped cream above.

CUP NESSELRODE

Soak bits of candied or preserved chestnuts in maraschino and mix them through vanilla ice cream. Dispose in glass cups; press a whole preserved chestnut, soaked as above, in the center of each cup and pipe around it sweetened whipped cream mixed with strawberry purée.

CUP GRESSAC

Dispose vanilla ice cream in the cup, on this set a macaroon saturated with kirsch. On the macaroon set half a preserved peach, hollow side up, fill the hollow with bar-le-duc preserves. Surround the peach with a border of Chantilly cream.

CUP À LA MALMAISON

Remove the skin from choice white grapes, cut them in halves, and remove the seeds. Mix six or more through vanilla ice cream, and use to fill a cup; cover the top lightly with a veil of spun sugar.

STRAWBERRY CUP I

Prepare a freezer of vanilla ice cream. Add three tablespoonfuls of sugar and half a teaspoonful of orange extract to one cup of heavy cream and beat until very light; hull, wash, and dry a basket of strawberries. Pick out the choicest berries, cut them in halves lengthwise, sprinkle with sugar, and let chill. Press the rest of the berries through a purée sieve, using a wooden pestle. With the strawberry pulp mix a cup and a half of sugar and let chill. To serve, put a tablespoonful of the strawberry syrup into each sherbet cup, add a rounding portion of the ice cream, pipe whipped cream above, pour on another spoonful of the syrup, add four or five halves of strawberries, and serve at once.

STRAWBERRY CUP II

Hull, wash, and drain a basket of strawberries, cut each berry in halves, mix with from one to two cups of granulated sugar, and let stand about an hour; press through a coarse sieve, mix and use as a sauce for vanilla ice cream, served in cups.

ICE CREAM CUP, QUEEN STYLE

Dispose vanilla ice cream, lemon sherbet, and strawberry preserve in long-stemmed glasses in layers; finish with a rosette of whipped cream and strawberry preserves.

COFFEE PARFAIT FROM COFFEE ICE CREAM

4 egg yolks
½ cup sugar
1 pint rich milk, scalded
2 tablespoonfuls coffee extract
1 cup double cream
¼ cup sugar
2 tablespoonfuls coffee extract

Beat the yolks, beat in the sugar, and add some of the hot milk; mix thoroughly and stir into the rest of the hot milk; continue to cook and stir until the mixture coats the spoon. When cold, add the coffee extract and begin to freeze as ice cream. To the cream add the sugar and extract and beat very light. When the ice cream is about half frozen, add the cream mixture and finish freezing. Serve in stemmed glasses, decorate with a cherry and leaves cut from citron and angelica.

COFFEE PARFAIT

(Usual method)

4 egg yolks
⅔ cup sugar
1 cup strong hot coffee
1 cup double cream
½ cup single cream
¼ teaspoonful salt

Beat the yolks, add the sugar and beat again, gradually pour on the coffee, and return the whole to a double boiler; stir and cook until the mixture

thickens; strain into a dish set in ice and water, stir occasionally until cold; fold in the cream and salt beaten firm, and finish as usual.

GRAPE JUICE PARFAIT

¼ cup sugar
¼ cup grape juice
1 egg white, beaten light
1 cup cream
½ cup grape juice
Juice ½ lemon

Boil the sugar and one fourth cup of grape juice until it threads, pour in a fine stream on the egg white, beating constantly meanwhile. Beat occasionally while cooling. Beat the cream, the half cup of grape juice, and the lemon juice until very light and fold into the egg mixture. Turn into a chilled brick mold, quart size, filling the mold to overflowing. Bury in equal measure of salt and crushed ice. Let stand three hours, repacking at the end of one hour and a half. When unmolded, sprinkle with chopped pistachio nuts and candied violets. If preferred, serve in parfait glasses; half fill the glasses with parfait, put in a teaspoonful of orange, kumquat, or pineapple marmalade. Add parfait and finish filling with a rosette of whipped cream; sprinkle with chopped pistachio nuts. Cover the saucepan for a few minutes when boiling the sugar and grape juice, but remove promptly and watch the boiling, as the syrup is liable to boil over.

ANGEL PARFAIT WITH FRENCH FRUIT

1 teaspoonful gelatine
¼ cup cold water
½ cup sugar
½ cup boiling water

2 egg whites
1½ cups double cream
½ cup French fruit, cut fine
3 tablespoonfuls sherry wine or Jamaica rum

Soak the gelatine in the cold water. Boil the sugar and water about five minutes, pour in a fine stream on the egg whites, beaten firm, beating constantly meanwhile; add the gelatine and beat the meringue until cold; then fold in the cream and fruit. Turn into a mold, filling it to overflow, cover with paper, and press the cover closely over the whole; let stand in equal measures of salt and crushed ice about three hours, renewing the ice and repacking once.

CHOCOLATE PARFAIT

½ tablespoonful gelatine
2 tablespoonfuls cold milk
1 cup scalded milk
2 ounces chocolate
⅔ cup sugar
2 egg yolks
1½ cups cream
1 tablespoonful vanilla

Soften the gelatine in the cold milk. Melt the chocolate over hot water, add one half the hot milk and one half the sugar, and stir directly over the fire until boiling; then stir into the rest of the milk in the double boiler. Beat the egg yolks, add the rest of the sugar, and beat again; then stir and cook in the hot mixture until the mixture coats the spoon slightly; add the softened gelatine and strain into a dish set in ice and water. Stir until cold and beginning to thicken, then fold in the cream, beaten very light; add the vanilla and turn into a quart mold, filling it to overflow. Spread paper over the top

and press the cover down over the paper. Pack in equal measures of ice and salt. Let stand about three hours, repacking once meantime.

PINEAPPLE PARFAIT

1 cup fine-chopped, cooked pineapple
¼ cup pineapple syrup
Juice ½ lemon
¾ cup sugar
1⅓ cups cream, beaten light

Garnish

Whipped cream
Chopped nuts

The pineapple should be chopped fine enough to pass through a very fine strainer when pressed with a pestle; add the syrup, lemon juice, and sugar, and stir until the sugar is dissolved; fold in the cream; pour into a quart mold and pack in crushed ice and salt. Turn the mold and repack after an hour and a half.

FIG PARFAIT

1 cup cooked figs cut very fine
¼ cup syrup from the figs
½ cup (or more) sugar
Juice ½ lemon
¼ cup sherry wine or orange juice
1 cup double cream
½ cup cream from milk bottle

If the figs are not soft, cook again with the sugar and fig syrup; when cold, add the lemon juice and wine, and fold in the cream, beaten very light. Finish in the usual manner.

LOGANBERRY PARFAIT

½ tablespoonful granulated gelatine
¼ cup loganberry juice
⅔ cup sugar
1 cup loganberry juice
Juice ½ lemon
1¾ cups cream, beaten very light

Soften the gelatine in the one fourth cup of juice, dissolve by setting the dish into boiling water; add the sugar, cup of loganberry juice, and lemon juice; stir until the sugar is dissolved; set into ice and water and continue to stir until the mixture begins to thicken; then fold in the cream. Turn into a quart mold, cover with paper, press the cover down over the paper, and pack in equal measures of salt and crushed ice.

MAPLE PARFAIT, WITH EGG WHITES

Boil one cup and a fourth of maple syrup to 236° F. on the sugar thermometer, or until a soft ball may be formed of a little of the syrup dropped into cold water; pour in a fine stream on the whites of two eggs, beaten very light, beating constantly meanwhile. Set the dish into ice water and beat the meringue occasionally until cold; then fold into it one cup and a half of cream, beaten very light but not dry. Chill a quart mold in equal measures of salt and crushed ice, pour in the mixture to fill the mold to overflow; spread a paper over the top, press the cover over it; then cover with salt and crushed ice, using equal measures of each.

This is a delicate parfait, less rich than when made with egg yolks. When these are selected, the number must be increased to four.

CARAMEL MARSHMALLOW PARFAIT

30 marshmallows
⅓ cup maraschino cherries
4 tablespoonfuls syrup from cherry bottle

⅔ cup sugar cooked to caramel
⅔ cup boiling water
2 tablespoonfuls sugar
1 egg white, beaten light
1½ cups cream, beaten light
Marshmallows, toasted, and cherries for decoration

Cut the marshmallows into four pieces each, and the cherries into thin slices; pour the syrup from the cherry bottle (or equal measures of sugar and water boiled to a syrup and cooled) over the marshmallows and cherries, and let stand an hour or longer. Cook the two thirds cup of sugar to caramel; add the boiling water, cover, and let cook, stirring occasionally, until the caramel is dissolved; add the two tablespoonfuls of sugar and let boil until dissolved; pour in a fine stream on the egg white, beating constantly meanwhile, then beat occasionally until cold; beat in the marshmallows and cherries with the liquid in which softened, then fold in the cream. Turn into a three-pint mold, filling it to overflow; cover with paper and the cover of the mold. Pack in equal measures of salt and crushed ice. Let stand about three hours, repacking if needed. Serve turned from the mold and surrounded with toasted marshmallows. This will serve ten. There should be nearly a cup of caramel syrup after boiling. A cup of heavy cream and half a cup of cream from the top of a quart bottle of milk works well; let the half cup of cream be of generous measure.

CARAMEL PARFAIT

Caramel parfait without marshmallows may be sprinkled with sliced and browned almonds and

garnished with a ring of small mushroom meringues.

STRAWBERRY BOMBE GLACÉE

Outside

1 quart water
1 pint sugar
1 teaspoonful gelatine
2 cups strawberry juice
Juice 1 lemon

Filling (Charlotte Russe)

1 cup cream, beaten light
1 egg white, beaten light
½ cup sugar
1 teaspoonful vanilla

Prepare and freeze the sherbet in the usual manner; take out the dasher and beat thoroughly; chill a two-quart melon mold. Beat the sugar into the egg white, fold in the vanilla and cream. The cream should be beaten and set to chill while the sherbet is being frozen. Line the mold with the sherbet; put in the cream filling; take a spoonful of sherbet in one hand and with a silver-plated knife in the other, push small portions of the sherbet over the cream and against the sherbet lining the mold, continue entirely around the mold, then form another row of sherbet over the cream and against the first row; continue until the mold is filled to overflow. Press the cover down over the paper spread above the sherbet, pack in salt and ice, and let stand an hour or longer.

Grape Juice, Raspberry, Canned Apricot, Fresh Peach, Orange and Lemon Bombe Glacée are prepared in the same manner.

BOMBE MALTAISE

Line the mold with sherbet made from blood or Maltaise oranges; fill the center with Charlotte Russe filling or Angel Parfait.

BOMBE MARIE LOUISE, ALASKA STYLE

Line a melon or a Charlotte Russe mold with frozen raspberry ice, fill the center with Angel Parfait preparation, cover with raspberry ice, and pack in equal measures of rock salt and crushed ice. Have ready on a meat or other board a thin sheet of sponge cake, one fourth an inch larger on all sides than the base of the mold. Unmold the bombe on the cake, cover it with a thin coating of meringue, and pipe more meringue over the whole. Dredge with granulated sugar. Set the whole into a hot oven, to brown the meringue delicately. Slide from the board to the serving dish. Serve at once.

Raspberry Sherbet

3 cups water
1½ cups sugar
1 teaspoonful gelatine
2 tablespoonfuls cold water
1½ cups raspberry juice

Filling for Bombe

1 cup cream
1 egg white
⅓ cup sugar
½ teaspoonful vanilla

Meringue for Outside

4–6 egg whites
½–¾ cup granulated sugar

A Charlotte Russe or a brick-shaped mold is more satisfactory for an ice to be finished Alaska style than is a melon mold.

BOMBE GLACÉE SICILIENNE

1 pint milk
1 pint cream
4 egg yolks
1 cup sugar
¼ teaspoonful salt
1 dozen macaroons, dried and sifted

About three cups of Strawberry, Raspberry, or Peach Sherbet

Line a two-quart melon mold with macaroon ice cream made of the above ingredients; fill the center with the sherbet, cover the sherbet with ice cream; press the cover in place over a layer of paper and let stand packed in salt and ice an hour or longer.

ORANGE AND PINEAPPLE BOMBE GLACÉE

1 quart water
1 pint sugar
1 teaspoonful gelatine
3 tablespoonfuls cold water
Juice 1 lemon
1¾ cups orange juice
⅓ cup sugar
½ cup grated pineapple (pulp and juice)
1 egg white, beaten very light
¾ cup cream, beaten very light

Make an orange sherbet of the first column of ingredients and freeze as usual. Boil the sugar and pineapple and combine with the egg white as in making boiled frosting; let chill, then fold into the cream.

Line a two-quart melon mold with the sherbet, fill the center with the pineapple cream, cover this

with sherbet, filling the mold to overflow. Spread a piece of parchment paper over the contents of the mold and press the cover in place over the paper. Bury in equal measures of salt and crushed ice; let stand about one hour and a half.

BOMBE JEANNE D'ARC

Line a mold with vanilla ice cream; fill the center with angel parfait mixed with praline powder, and cover with ice cream. Let stand two or three hours in equal measures of salt and crushed ice. When the bombe is unmolded, pipe whipped cream, sweetened and flavored with vanilla, above, and sprinkle the whole with the rest of the praline powder.

BOMBE MARIE LOUISE

Line a melon or bombe mold with raspberry ice; fill the center with angel parfait flavored with vanilla, cover with raspberry ice, filling the mold to overflow with the ice, and pack in equal measures of rock salt and crushed ice. The mold should stand one or two hours and will probably need to be repacked during this time.

RING OF ICE CREAM, WITH PEACHES AND MELBA SAUCE

Pack vanilla ice cream into a ring mold, cover securely, and pack in four measures of crushed ice to one of salt. When unmolded, fill the center with canned or preserved peaches. Pour Melba sauce

over the whole. Half-frozen raspberry sherbet may replace the Melba sauce.

DESSERT TORTE, MELBA STYLE

6 egg whites
1¾ cups granulated sugar
Canned or preserved peaches
Vanilla ice cream
Raspberry sauce

Beat the egg whites until very firm, and gradually beat in the sugar, continue the beating until the mixture is firm and glossy. Spread waxed paper on a meat board. Lay a plate nine inches in diameter on the paper and draw a pencil around it. Lay the plate down a second time and make a pencil mark around it; lay a second plate seven inches in diameter inside the second pencil mark, having the centers correspond and make a mark around it. Fill the whole space inside the first pencil mark with meringue, *making it level on the top*. With a spoon, spread meringue on the two-inch space of the second figure, then pipe the rest of the meringue above this ring. Dredge both pieces of meringue with granulated sugar. Let cook in a very moderate oven about thirty-five minutes. The meringue should not color in the least until the last of the cooking. Cut the paper between the two pieces. Invert the solid piece on a serving dish, separate it from the paper with a spatula. Set the ring of meringue above, the two soft sides together. When ready to serve, fill the center with the peaches; set cones or rounds of ice cream above and pour the sauce over the whole.

The torte is also particularly good filled with fresh strawberries or sliced peaches and whipped cream.

FROZEN PUDDING

2 cups thin cream
1 cup milk
5 egg yolks
¾ cup sugar
½ teaspoonful salt
½ tablespoonful granulated gelatine
4 tablespoonfuls cold milk
1 tablespoonful vanilla extract
1½ cups fruit
Sugar syrup

Scald the cream and milk, beat the yolks, add the sugar and salt, and beat again; cook in the hot milk as a boiled custard; add the gelatine softened in the cold milk and stir until dissolved; strain, chill, add the vanilla, and freeze. For the fruit use seeded raisins, cleaned currants, sliced maraschino or candied cherries, candied pineapple, and plums. Let stand overnight in sugar syrup (cup sugar, half a cup water boiled together). When the custard is frozen, add the fruit drained from the syrup and turn the crank a little longer. Pack the mixture in a melon mold, cover with a paper, press the cover in place over the paper; let stand an hour or longer buried in salt and crushed ice. Serve turned from the mold with or without whipped cream sweetened and flavored before whipping.

FROZEN PUDDING, BOMBE STYLE

1 pint water
1 cup sugar
½ teaspoonful gelatine
2 tablespoonfuls cold water
1 cup raspberry juice
3 cups rich milk

6 egg yolks	1 cup cream, beaten light
1 cup sugar	1 cup fruit, cherries, raisins, pineapple, etc.

Make raspberry sherbet of the ingredients in the first column, boiling the sugar and water ten minutes. Make a boiled custard of the milk, yolks, and sugar in the second column. When the custard is cold, begin to freeze it; when half frozen, add the cream and finish freezing. Have ready the fruit soaked in syrup or rum (currants and raisins should be cooked tender before they are soaked in the syrup or alcohol). Line a melon mold with the sherbet, mix the fruit through the frozen custard mixture, and use to fill the center of the mold; spread the rest of the sherbet over it, cover with a paper and the cover of the mold. Let stand packed in equal measures of ice and salt for an hour.

COUPE EUGÉNIE

Fill tall glasses with vanilla ice cream, through which candied chestnuts, broken in pieces, have been mixed. Pipe whipped cream, flavored with wine or vanilla, above, and sprinkle with crystallized lilac blossoms or violets.

ICE CREAM, WITH PEARS, HÉLÈNE

Set a round or square of sponge cake on an individual dish, and dispose above a slice of vanilla ice cream from a brick-shaped mold; above the ice cream set half a pear cooked in rich syrup; above

the pear pipe a rosette of whipped cream, sweetened and flavored with vanilla before whipping; sprinkle with candied rose petals or with crushed candied violets. Serve chocolate sauce in a dish apart.

CUP TOPO PINO

In long-stemmed glasses with handles set two or three Sunshine strawberries with a tablespoonful of the strawberry syrup; above set a rounding spoonful of vanilla ice cream made with junket; in this place a tip of fir balsam with the "needles" removed, with the exception of a few at the top, sprinkle the top of the cream with blanched pistachio nuts, shredded to simulate the needles removed.

MERINGUE GLACÉ PANACHÉ

Set strawberry or raspberry and vanilla ice cream side by side in a mound on an individual plate; press a meringue against each side of the cream, pipe whipped cream about the meringues, and finish with a maraschino cherry.

COUPE ST. JACQUES

Prepare a lemon sherbet and about a pint of fruit (raw or cooked or both), sugared and flavored with kirsch. Retain all the fruit juice. Put a tablespoonful each of fruit and juice into a stem glass or sherbet cup; above dispose lemon sherbet and serve at once. Peaches (raw, soft), pineapple (fresh or

canned), strawberries, oranges, and a few maraschino cherries cut in halves with choice canned peaches or pears give a selection in fruit.

PEACH MELBA I

A large number of recipes are called Peach Melba; the distinguishing characteristics are peaches, usually cooked, a thick raspberry sauce and vanilla ice cream, or sweetened whipped cream flavored with vanilla. Sponge cake is occasionally used as a foundation. Melba sauce — a rich raspberry sauce — may be purchased in bottles, but can be made at home; when fresh berries are out of season, use canned raspberries or raspberry jam.

PEACH MELBA II

Set a thin round of sponge cake on a small plate; above this set half a preserved peach and pour some of the syrup over the peach and cake; above the peach set vanilla ice cream to cover it completely and pour raspberry sauce over the whole.

MELBA SAUCE FROM CANNED RASPBERRIES

Drain and reserve the syrup from a can of raspberries for sherbet or other purpose. With a wooden pestle push the pulp of the raspberries through a gravy strainer fine enough to hold back the seeds. To do this easily, the strainer must stand firm in the receptacle. To a cup of the thick pulp, thus secured,

add three fourths a cup of sugar and stir over the fire until boiling; let cool before using.

COUPE MELBA

Set half a peach, preserved or canned, in a long-stemmed glass; above set a spoonful of vanilla ice cream and pour raspberry sauce over the whole.

MANHATTAN ICE CREAM

Pack vanilla ice cream and peach sherbet in brick-shaped molds; have ice cream on the bottom and top with the sherbet between.

MACAROON ICE CREAM, WITH STRAWBERRIES

Into a quart of any variety of ice cream stir two dozen macaroons, dried in the oven, rolled and sifted if necessary. Pack in a mold and bury in crushed ice and salt. Use one measure of salt to three or four measures of ice. When unmolded, pour over Sunshine or other preserved strawberries.

ICE CREAM, QUEEN STYLE

Line the bottom and sides of a mold with a thin layer of lemon sherbet; interline the bottom with a layer of vanilla ice cream and over this spread a thin layer of Sunshine strawberry preserves; over this a layer of vanilla ice cream, then preserves, again a layer of ice cream, and finish with a thin layer of lemon sherbet. Pack in four measures of crushed ice to one of salt, and let stand an hour or longer.

PEPPERMINT-CANDY ICE CREAM

Add to partly frozen Philadelphia ice cream half a cup each of seeded raisins, chopped pecan-nut meats and shredded almonds, and one cup of peppermint stick candy crushed fine. Pack in a mold and when unmolded garnish with whipped cream streaked with red coloring paste. This is done by drawing a fork dipped in the color quickly through the cream.

ORANGE ICE AND WHIPPED CREAM MOLDED WITH THE CREAM ABOVE

Use a mold with two covers. Make and freeze orange sherbet as usual. To a pint of cream add a scant half cup of sugar and half a tablespoonful of vanilla; beat until light, but not firm or in the least dry. Lay a strip of parchment paper over one cover and press the sides of the mold into it. The cover and mold should have been chilled. Fill the mold to the height desired with the frozen mixture, set the cream above to fill the mold to overflow, lay parchment paper above, press the second cover in place, and bury the mold in equal measures of salt and crushed ice. If a fancy-shaped mold with only one cover and that at the bottom be used, whip the cream a little drier, set the mold in the ice firmly, fill the part that is to be above when unmolded with the cream, then add a thin layer of the orange ice, putting it on by the teaspoonful; add other layers in the same way until the mold is filled. The orange ice

is no heavier than the cream and will not settle into it to any extent.

This is particularly pretty when made with raspberry sherbet.

ICE CREAM CROQUETTES

Chop fine a cup of blanched almonds, spread on a baking sheet, and let brown in the oven. Stir occasionally that the nuts may brown evenly; when cool, they are ready to use. Roasted peanuts, chopped, or dry macaroons, rolled smooth and sifted, may be used in place of the nuts, so also may sponge-cake crumbs. The cake may be browned before or after being pulverized. Any variety of ice cream may be selected, but vanilla is usually chosen. Roll a large tablespoonful of the ice cream into a ball, then with a spatula turn it on a board (or plate) to a cylinder-shaped mass. Lift with the spatula to a brick mold lined with paper; put two or more croquettes into the mold, cover with a strip of waxed paper, and add other croquettes. Let stand, covered securely, half an hour or longer in a mixture of salt and crushed ice. Roll in the chopped nuts or fine crumbs, while giving the finishing touches to the shapes. Serve at once with a little caramel sauce on the plate beside the croquette, or return a second time to the mold for chilling. Croquettes of vanilla ice cream, rolled in sponge-cake crumbs (browned in oven) are particularly good with strawberry or

raspberry sauce. If a quantity are to be prepared, they may be chilled in the can of the freezer. The paper set between the layers should be quite firm. Have the mold chilled and packed before beginning to shape the croquettes.

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